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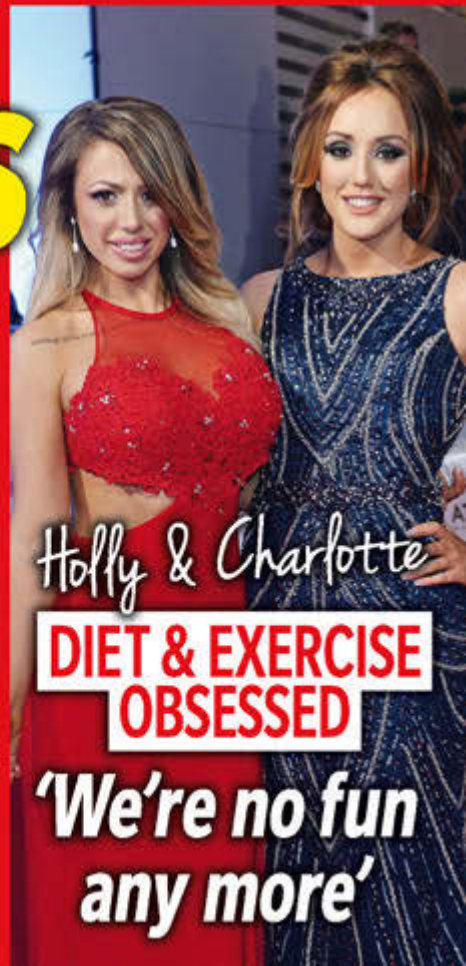


THE END OF KIM'S BABY DREAMS

Doctors say she needs
a hysterectomy



Dan plans to wed
loyal Jacqueline



Holly & Charlotte

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'We're no fun
any more'

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BROOKE'S OUR NEW BLOGGER!

Coronation Street star Brooke Vincent (who plays Sophie Webster) is our brilliant new blogger at reveal.co.uk Every week, she'll be telling us what she's up to, what she's wearing, what beauty trends she's loving and what she thinks of the latest celebrity news. She'll also be choosing her readers' favourite outfit each week – so you could feature in her next blog!



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WIN! WIN! WIN!
Gorgeous Jess Wright
swimwear worth £1,700

B

Kim's baby OMBSHELL

Kim Kardashian West receives the heartbreaking news that she may never be a mother again

She's made no secret of her struggle to conceive. In fact, Kim Kardashian West's been upfront about her ongoing battle to produce a sibling for daughter North.

Now the reality TV star has hit us with the shock news that, after a whole year of trying for another baby, if one should miraculously materialise, it's set to be her last due to an alarming health scare.

Kim, 34, reveals the news in this week's upcoming episode of *Keeping Up With The Kardashians* (to be aired on E! at 9pm this Sunday, but already shown in the States). Doctors have told her she needs to have her uterus removed (have a hysterectomy), due to health complications which occurred when 22-month-old North was born in June 2012.

EMERGENCY SURGERY

Kim tells sister Kendall Jenner, 19, and best friend Jonathan Cheban: 'I had such an easy delivery [with North] but right after you deliver the baby lives in this sack, the placenta, then you kind of give birth to that because it should come out.'

'Mine went right back in because it was stuck to a part of my uterus that it grew into and the doctor was like [gasp] and put his arm into me up to here [indicates her elbow] and he had to scrape it off with his fingernails to get it off my inner lining.'

She's then overheard breaking the news to her husband of 11 months, rapper Kanye West, 37, over the phone in a heartbreaking scene. She tells Kanye: 'I feel like this doctor told me every worst case scenario.'

'I was sitting there and he said, "When you have your baby this will be your last one – the problem is, your placenta grew onto your uterus so, when you have another baby, that placenta will go right to the hole and then we'll have a team of doctors waiting right there to remove your uterus and put you into emergency surgery so you don't bleed too much."

'I'm like, "OK, this is a little much." I was sitting there just like crying, like, "Wait, you have to remove my uterus?"'

Viewers also see Kim's mum Kris Jenner, 59, look worried about the surgery Kim is set to face, which would leave her unable to have more children.

'I was in the delivery room when Kim gave birth,' says Kris, 'and I saw what was going on in there. I was worried after she gave birth about the condition of her uterus and how that was going to affect any future pregnancies.'

LOOKING INTO SURROGACY

Kim first revealed that she and Kanye were trying for baby number two in September. But she's now admitted an entire year has gone by and there's still no sign of a baby.

And Kim is now at the stage where she feels like she's got no choice but to have her second baby via a surrogate – an idea she's not too keen on. In *KUWTK*, she tells the doctor: 'It's obviously my last resort to have a surrogate, as much as I hated being pregnant and I complained every step of the way.'

But the news is bittersweet for Kim, who admitted she hated pregnancy and wouldn't wish it upon her worst enemy: 'When I was pregnant with North, I used to tell everyone there was no amount of money anyone could pay me to go through the experience again. And now there is nothing more on this earth that I want than to be pregnant.'

But all is not lost – doctors gave her a glimmer of hope after she went in for emergency surgery. A tearful Kim reveals on the show that doctors have told her she could still get pregnant with the placenta in there, but it would be risky. 'If I can't guarantee that, and surrogacy is the only



Kim's hospital visit reveals that she and Kanye (top) may not be able to conceive a sibling for daughter Nori

way to give you a nice healthy pregnancy and a healthy baby, then we'll talk about that,' Kim is advised.

Kim adds: 'I spoke to Kanye about what our next plan could be and there's one more procedure that I can have that would potentially make it easier for me to get pregnant. Hopefully this is something that the doctor can fix and we can just move on from this complicated chapter.'

Emma Hunt

It's been 18 months since Orlando Bloom and Miranda Kerr separated and – bar a minor issue with Justin Bieber – they've remained friendly.

Last week, it was revealed they were back together. Not only that, there's also talk of them renewing their wedding vows and having another baby, too.

A source close to the couple tells us: 'They get on better now than any time since they first got married.'

Orlando, 38, and Miranda, 31, looked every inch the happy couple as they spent the day with their four-year-old son Flynn in Malibu, California, two weeks ago.

'They chilled and had fun, just like any other young family,' says the source. 'They spent the day together and enjoyed each other's company. It made them realise they still have feelings for each other.'

It's not the first time sparks have flown between the pair lately.

They were spotted dancing at the *Vanity Fair* party after the Oscars in February.

They also spent Christmas together in the UK, which Miranda called 'magical'.

And at the Academy Awards last year, Orlando interrupted Miranda's red carpet interview to tell his ex: 'You look amazing.'

Miranda reportedly split with the *Pirates Of The Caribbean* star in 2013 because of his love of partying, but a year earlier, the model was spotted flirting with Justin Bieber at a Victoria's Secret party.

Rumours of a fling between the highly unlikely pair – which Miranda denies – intensified last summer when Orlando was caught on camera trying to punch Justin, 21, at a restaurant in Ibiza, after Justin taunted him: 'Say hi to Miranda for me.'

She's also been linked to Australian multi-millionaire businessman, James Packer, 47, while the British actor was linked to Justin's ex, Selena Gomez, 22.

The pair's divorce has never been finalised: 'Orlando's told her he wants to get back together several times but she said no, prioritising their friendship,' says our source. 'But now she's started to see him as the man she fell in love with again.'

Although Miranda insists they 'take things slow', she's broody and wants a sibling for Flynn. 'She's hoping it works between them because she'd love to give Flynn a sister or brother,' adds the source.

'Her heart really hasn't been in dating anyone else, which is why she's so happy things have improved with Orlando.'

And he's pulling out all the stops to make sure it's second time lucky for their four-year marriage.

'He wants to take her and Flynn on a family holiday to Hawaii, and he's even suggested renewing their vows on 22 July – their fifth wedding anniversary.'

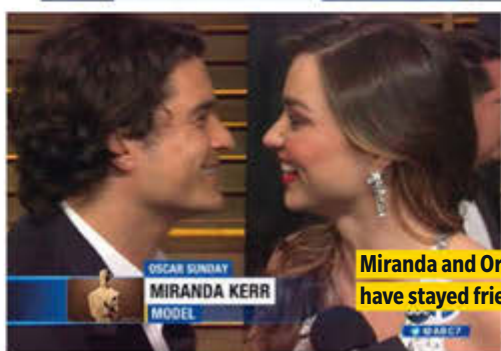
'It's typical of Orlando to do a big romantic gesture. She likes the sound of it too, and Flynn would love to see Mummy and Daddy get married again.'

'Despite their problems in the past, they're meant for each other.'

Rebecca Greenow



Less than two years after they separated, Orlando Bloom and Miranda Kerr have fallen back in love and are keen to give their son a sibling



Miranda and Orlando have stayed friendly

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Spencer 'BEING NICE IS BORING'

He's slimmed down, is committed to girlfriend Lauren Hutton and has been sober for more than two months – Made In Chelsea bad boy Spencer Matthews, 26, has changed. But he misses causing havoc...

SPENCER, YOU ARE LOOKING AMAZING. WHAT'S BEEN GOING ON?

At the risk of sounding boring, I'm just trying to be healthy. I've been playing tennis most mornings and I try and run most days too as I'm doing the London Marathon this year with Ollie [Proudlock]. I'm looking forward to actually taking it seriously for once.

ARE THESE CHANGES DOWN TO BEING IN A RELATIONSHIP?

I think having a girlfriend definitely helps because I go out partying less now. It didn't come directly from Lauren, although she is very healthy, so we enjoy spending time together doing similar hobbies. We both love the gym and we like running together. She is really easy to spend time with.

WHAT MADE YOU WANT TO TONE DOWN YOUR PARTY BOY LIFESTYLE?

I haven't had a drink in 67 days and I'm not planning on touching it for six months. I told myself, the next time I had a girlfriend I'd be more serious. I think everyone got a bit bored with my character and my reputation. So it had to go – there's only so many times you can be nasty and I thought it was about time I grew up. The sobriety thing wasn't needed, but I wanted to see what it was like to have a clearer head. I'm going to do the six months of being sober, then allow myself to drink again.

HOW HAS THAT AFFECTED YOUR DYNAMIC WITH JAMIE [LAING, SPENCER'S FORMER BFF] BECAUSE OBVIOUSLY HE'S QUITE A PARTY BOY?

We don't see each other as much any more. He's single and he naturally has a younger attitude than me, so we've just drifted apart unfortunately.

DOES THIS MEAN YOUR BAD BOY DAYS ARE COMPLETELY BEHIND YOU?

I wouldn't rule it out forever – I could come

back. As much as I love being in a loving relationship, it is boring being nice! I fancy going 'dark' again at some point. Nothing against Lauren, I just want another bust-up. What's with all this being nice? It would be great to have some good, old-fashioned hissing scenes.

HOW DID YOU MANAGE TO WIN LAUREN OVER WITH A REPUTATION LIKE YOURS?

It took a while for me to gain her trust, understandably because I can't exactly hide from my past, it has been broadcast after all. But after dating Lucy [Watson] and Steph [Pratt], I was single for a year. I'd decided I wasn't going to bother committing to anyone, unless I thought it had potential to become something more serious. So when I met Lauren, I decided I was going to make a real effort.

WILL WE HEAR WEDDING BELLS?

I don't think it will be any time soon. The relationship's fine and we're very loved-up, but at the moment I'm focused on building a career in television. There's just no need at this point in my life to think about making any further commitment.

THERE'S FIVE NEWBIES THIS SERIES, DID YOU KNOW THEM BEFORE?

Yeah. It's great because we're not having to build relationships with the new cast members, we're just exposing friendships we already have. And I think that's why this series is going to be the best yet.

COULD YOU EVER SEE ANYONE FROM MADE IN CHELSEA DATING SOMEONE FROM THE ONLY WAY IS ESSEX?

Their cast changes more regularly than the wind, so I don't even know who's on it now. In fact, I couldn't even name two *TOWIE* cast members. I just can't see it happening!

Katherine Parkes

Made In Chelsea returns on Monday 13 April, at 9pm, on E4

**Reveal
says**

'Hmm... how long do you reckon before Spencer's "dark side" returns? Sounds like he's missing it!'



The MIC star has lost weight and got fit since meeting Lauren

LAUREN: 'SPENCER'S GONE FROM FAT TO FIT'

After eight months of dating, Lauren Hutton, 27, tells us things couldn't be better between the Chelsea pair.

'We're both really happy. He's made a lot of changes and that includes his playboy ways,' she says. 'Everyone says he's under the thumb, but I certainly didn't put him there. It's just a nice, mature relationship.'

Lauren says Spencer has shaped up since they became an item. 'We just got back from a hiking holiday in Morocco and we go to the gym together most days.'

'I think I've inspired him to become fitter because he was a bit of a fat boy when I met him. But now he's outdoing me. He does 13-mile runs in the morning. He's so focused now.'



Spencer and Jamie Laing used to party together

JAMIE: 'SPENCER'S SUPPRESSING HIMSELF'

While Lauren insists Spencer has changed, his former BFF and MIC co-star Jamie Laing says he'll soon be back to his bad boy ways in no time.

'Spencer has changed a lot, but you can see he's just suppressing who he really is,' he says. 'It's just a matter of time before his bad side comes out again,' the 26-year-old says.

Jamie reckons being loved-up has made Spencer boring. 'All he does is talk about the gym and his girlfriend now,' he says. 'I'm missing Spencer because he's one of my best friends in the world, but he's not the same man he was.'

'We're obsessed WITH LOSING WEIGHT'

'IT TURNED ME INTO A BORE'

After slimming down from 11st to 8st 7lb with her best-selling fitness DVD, Charlotte Crosby is looking amazing. But the Geordie lass says the pressure to remain thin is making her obsessed

Charlotte's *3 Minute Belly Blitz* is the fastest-selling fitness DVD of all-time with sales of more than 100,000 copies since January, and *Geordie Shore*'s Charlotte Crosby lost an amazing two-and-a-half stone while working on it.

She's slim and proportioned, but the reality TV star says she'll never be completely happy with the way she looks. 'I don't think there's a girl in the world who'd say she's 100 per cent happy with her body,' says Charlotte. 'Girls moan about everything. I've got good legs and arms but, because I've got a short torso, I have to work on my belly. It's shorter, it's crunched up and looks wider. I need to tone up.'

Charlotte says her new body's made it easier to watch herself on TV – and she loves how the weight loss has made her feel.

'I was so excited filming the last series of *Geordie Shore*, I was at my skinniest, I was at the weight I wanted to be,' she says. 'It's so nice feeling young and normal. I was more confident and wore little tight dresses and strappy tops.'

But, despite the good bits, Charlotte admits the pressure to stay thin's taking its toll. 'We've all got a slight obsession now,' she says of herself, Holly Hagan and their co-star Marnie Simpson. 'We need to eat well and watch what we're doing. It's quite sad. Everyone's waiting for us to trip up – people put a lot of pressure on and it's not very nice.'

She admits she's had to sacrifice some fun. 'Diets are hard and they're annoying.

Everyone wants to eat cr*p every day, but you can't do that. If you want to look nice, you have to put up with it.

'When I was losing weight my friends said, "Charlotte, you're so boring, all you do is talk about how hungry you are." But now I'm maintaining it, I'm fun again. I'll get the girls round for a night in and, instead of watching TV and getting a takeaway, we'll do my DVD then cook a nice meal.'

While filming the new series of *Geordie Shore*, Charlotte, 24, was single, having split from long-term boyfriend Mitch Jenkins, 25. They're now closer and happier than ever, although she admits he was stunned when he saw her dramatic weight-loss.

'I lost the weight while we were apart,' she says. 'So when he saw me again he was in shock, he couldn't believe it. He said, "Where have these bones come from?" I said, "They're my hip bones, I've always had them, they were just buried under loads of fat." I think he's used to it now.'

Charlotte says *Geordie Shore* is 'the same as it ever was, but even more intense'. Despite being single when filming, she didn't 'tash on' with anyone in the new series – but now her love life is hotter than ever, as she gleefully tells us in true Charlotte style.

'Things are amazing with Mitch right now. We haven't seen each other for a over a week-and-a-half and I'm going to see him tonight, so I'm excited.

'We'll have lots of sex! Well, maybe just one bit of sex – just the once is enough!'



Charlotte's worked hard to lose two-and-a-half stone

She's back with Mitch and they're closer than ever

essed EIGHT'

'DIETING MADE ME MISERABLE'



Holly says dieting almost ruined her relationship with Kyle

She's lost almost four stone after embarking on a diet and fitness regime and looks incredible, but Geordie Shore's Holly Hagan said her extreme weight-loss made her moody

After slimming down from 13st to a svelte 9st 4lb, Holly Hagan looks amazing. With a tiny waist and womanly curves, she's a million miles away from the overweight 18-year-old that first bounded onto our TV screens on *Geordie Shore* four years ago.

And, while Holly says the weight loss has given her more confidence, she admits it's been a rocky road.

'I went through a stage of being really strict with myself,' she says. 'But it started to make me miserable. I wasn't enjoying life. I just thought, "I'm striving to be a certain way, but I need to relax and not stress about it." I just wasn't fun any more.'

She adds: 'I'd stress out if I went a week without losing weight. I just had to pull myself together.'

Holly, who went out drinking five times a week when she first appeared on the MTV show, has cut down on her partying ways since losing weight.

'People would be really surprised to hear I only drink once or twice a month when I'm not filming,' she says. And she admits filming the latest series was tough, because she knew the weight would go back on. 'It was a lot more stressful as every time we do go back to film, we put on between five and seven pounds. That's difficult when you've worked so hard to lose it.'

And Holly, 22, who is dating her *Geordie Shore* co-star Kyle Christie, also 22, says she had to

stop obsessing over her weight for the sake of her relationship.

'When we first started seeing each other, I was a stone-and-a-half heavier, and I sometimes think he'd rather me go back to being how I was,' she says. 'I didn't moan about my weight as much back then. I've tried to stop talking about it, as there's nothing less attractive than constantly moaning about weight. I think Kyle's noticed a change in me in the last couple of weeks. I tried to tone it down a little bit, or it would have ended up ruining my relationship.'

The series returns this week, and Holly says it's been her most traumatic since the first series due to all the fallouts and drama.

'It's just so real for me,' she says. 'Some things you watch, you can tell it's set up and no one really cares, but for me, this is just a very real, emotional series.'

'There's a lot that goes on between Kyle and me. People are putting pressure on us, there were arguments and a lot of paranoia.'

Holly admits she'll never be 100 per cent happy with her body and wants to lose a further 12 pounds, but says she's sick of pressuring herself.

'My target would be 8st 7lb because I'm so short [5ft 3in]. I'm not going to put any more pressure on myself. If I lose more weight than great, but I just need to try and be happy.'

Kelly Jenkins

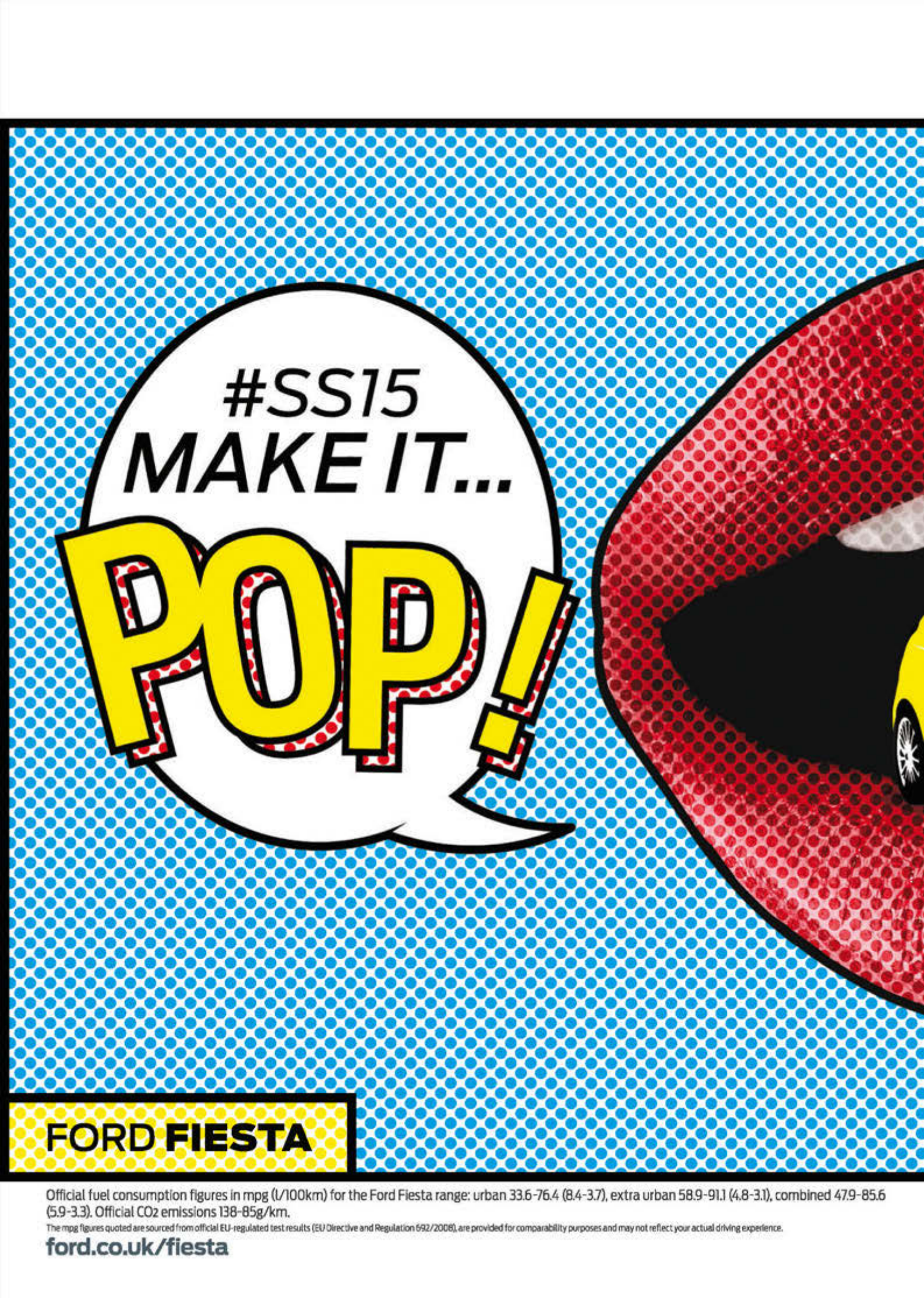
Geordie Shore is on Tuesdays, 10pm, on MTV



She lost almost four stone by cutting down her partying

'We had a lot of paranoia and rows'

Photos: Getty Images, Instagram, Speed Pictures, Aperture



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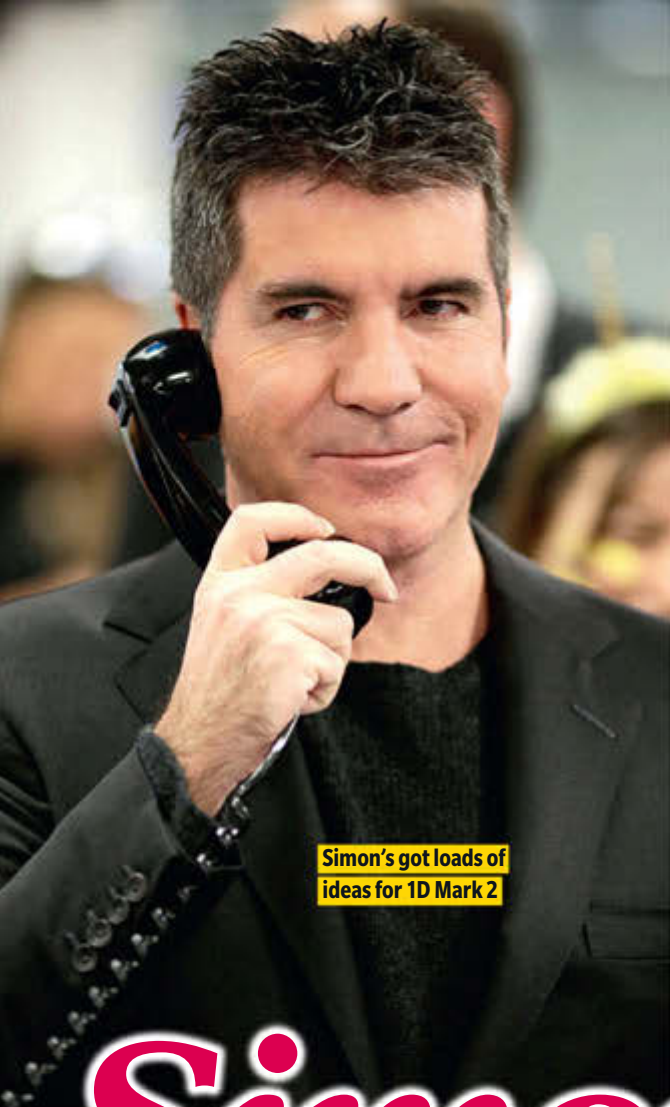
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Go Further



Simon's got loads of ideas for 1D Mark 2



Simon's secrets FOR ONE DIRECTION

Following Zayn Malik's departure from One Direction, Simon Cowell has plenty in store for the other boys, including:

- An X Factor-style talent show to find a new fifth member
- A move into acting and presenting
- More charity work
- More time off to spend with their families

They may have lost a fifth of their band, but with One Direction vowing to carry on, their music label boss Simon Cowell has big plans for them.

Having reportedly signed Zayn Malik, 22, as a solo artist, Simon has several ideas to rebrand the rest of 1D, one of which could even see them choosing someone to replace Zayn via an *X Factor*-style competition.

'The band were made on TV and the fans have made their success,' says a source. 'Simon doesn't see why the same can't work again. It would propel them back into the limelight and get them a fifth member, so it's a win-win.'

One Direction were put together during the 2010 *X Factor* and the band, worth an estimated £77 million, could now go through a Queen-style rebrand. The 70s rock giants signed 2009 *American Idol* runner-up Adam Lambert to take the place of late legendary frontman Freddie Mercury and it's been a huge success.

'Simon saw what that did for Queen

and he thinks 1Ders will be excited about being able to choose a fifth member in conjunction with the boys,' the source says.

'He hasn't spoken to the lads about it yet, it's early days in Simon's mind and he's playing around with a lot of ideas. Stranger things have happened.'

BUILDING A STRONGER BAND

If the show happens, Simon, 55, along with Louis Tomlinson, 23, Liam Payne, Harry Styles and Niall Horan, all 21, will judge male singers as they audition to replace Zayn. Viewers would ultimately vote for the winner.

'It would be a huge hit with 1D fans as it gives them back an element of control,' says the source. 'Many were devastated when Zayn left, so this could get them excited again. It's very early days and it's just an idea – but it could be great.'

As well as the search for new talent, Simon is keen to let the 1D boys do their own thing outside the band in a bid to keep them happy.



(L-R) Harry, Liam, Louis, and Niall could get to choose a new fifth member

t plans

'Simon loves how Rita Ora went into film with her *Fifty Shades Of Grey* cameo, while keeping her music career and wants his brands to think the same way,' says an insider. 'He wants to see them on TV more, and is talking to some people about cameos.'

With Louis Tomlinson allegedly having turned down a Hollywood role in a football movie, Simon is working on freeing up their tour schedule to allow time for other opportunities.

'If there's one thing Zayn's exit has taught him, it's that an unrelenting schedule won't pay off,' adds a source. 'He's working on the premise that mixing up their workload, giving them time off to pursue personal projects and making sure they're across multi-media will build stronger brands and a stronger band.'

TIME TO BE THEMSELVES

Spend time with family and friends is another way Simon plans to keep them happy. 'He wants them to take a step back every now and then and be away from work to realise how lucky they are,' says the source.

'When you're caught up in weeks of travelling, being on planes or stuck in hotels, miles from home and it's easy

to see the downside of things,' says the source.

'Simon wants them to experience enough of their old lives to be grateful for their new ones.'

The music mogul also wants to encourage the band to indulge their passions, so they don't get bored.

'Niall wants more time in the studio with his guitar and he loves writing. He does a lot for the band, but would love to pen some tracks for other artists too.'

'Louis loves football and having time to go to games would mean a lot. They have different interests and Zayn walking has made Simon realise he needs to make time for them to do stuff they love.'

One final plan is for the boys to get more involved with the charities they support.

'The charity work they do for Comic Relief and Children In Need is hugely important to all of them,' says the insider.

'Simon knows the best way to keep artists grounded is to get them doing charitable work and seeing how they can help people less fortunate than themselves.'

Kelly Jenkins



Reunited... and don't Perrie and Zayn look loved-up?

Twitter/@perriellittlemix



So, guys, when's the wedding?

Instagram/zaynmalik

ZAYN AND PERRIE'S ROMANTIC GETAWAY

Zayn Malik and fiancée Perrie Edwards, 21, jetted out of the UK for a sunshine holiday together last week.

The pair – along with Zayn's family – chartered a private jet to Perugia, Italy, for a much-needed break.

They posted loved-up selfies in the sun, putting an end to speculation they will split following reports of Zayn's cheating.

He was pictured hand in hand with Essex girl Lauren Richardson in Thailand, shortly before quitting 1D and Swedish model Martina Olsson claimed they had a fling while Zayn was touring.

But his and Perrie's defiant display of love proves they are sticking together despite the rumours claiming otherwise.

A source says: 'They will definitely marry before the year is out.'

Reveal celebs



'I want to **JACQUELINE**

She's stood by her man after claims of abuse, and now Dan Osborne plans to show his appreciation by popping the question to Jacqueline Jossa

It's been a tough few months for ex-TOWIE hunk Dan Osborne, his ex Megan Tomlin and his girlfriend Jacqueline Jossa. Dan and Jacqueline welcomed baby Ella in February but, days later, reports surfaced saying Dan, 23, had threatened Megan, mother of his 15-month-old son Teddy, when Jacqueline was pregnant.

So far, Dan's done his best to weather the storm – quitting TOWIE to concentrate on his family, issuing a grovelling apology and doing his utmost to stay out of the drama. So it's been up to his loving girlfriend Jacqueline, 22, to defend his honour.

The *EastEnders* actress took to Twitter to hit back at reports about Dan after his ex Megan spoke out about her experience at

**They've recently
ramped up their PDAs**



Jacqueline and Dan are trying hard to make a happy family for Ella

Instagram/danabornofficial



make MY WIFE'

his hands. Teacher Megan urged other women at risk of domestic violence to seek help after tapes emerged of Dan threatening her.

Megan's brother Remi protested at the way his sister was treated by the star – yet Dan denies he's been abusive to Megan.

Putting across their side of the story, Jacqueline issued a flurry of tweets last week, writing: 'I can assure you I wouldn't stand by a man capable of everything Dan has been made out to be, he is my best friend, boyfriend. And he is a brilliant father, above all else, I just want to clear up, he has never once been violent or even shown signs towards me at all.'

'People selling stories on him show one side to a story, but people around Dan know the truth, and you would all be shocked.'

'I am 100 per cent not saying what Dan has said was right or OK, but people make mistakes when in dark places, and it's something we sorted out privately, not in front of the whole world, it's something he has apologised for and is embarrassed about.'

UNITED THEY STAND

The couple have put on a defiant show of togetherness in the face of the storm. They appeared as a family last week as Dan took part in a charity football match, and went for their first date night

since the birth, filling Instagram with PDA-worthy shots. Dan's also been flooding his social media accounts with sentimental pictures of himself with his son Teddy – he's currently embroiled in a custody battle with Megan over the child.

Unsurprisingly, Dan has been bowled over by the loving support he's received from his girlfriend and is planning to prove to Jacqueline just how grateful he is by asking her to marry him.

'Dan's flattered by Jacqueline's support. He's not completely without blame but it's been a tough time for him and he couldn't have got through it without her,' says a source.

In the past, Dan caused embarrassment for Jacqueline by not admitting they were an item, even going so far as to say he wasn't sure if she was The One, despite her being pregnant at the time.

Due to the fraught situation with Megan, Jacqueline has been thrown unwillingly into the spotlight while she tries to concentrate on being a mum, so Dan's planning on making it up to her.

'She's been his rock and he realises that now. Her protective nature has shown him that and he's ready to pop the question,' the source tells us. Dan himself admitted shortly after baby Ella's birth: 'I would be one lucky man to marry this woman.'

SHOPPING FOR A RING

Dan's been scouring Essex's finest jewellers in the hunt for a handmade Princess-cut diamond rock.

'He told Jac he was going to buy himself a new watch but, in fact, he went to look at rings. He's planning to take her to Paris to celebrate their anniversary and propose there. He wanted to wait until her birthday, but that's not until October and he doesn't want to wait that long, so this seems like the perfect time.'

And friends say there's no doubt Jacqueline will be thrilled at Dan getting down on one knee after she said: 'It's important that we all have the same name. I can definitely see it in our future.'

The source reveals: 'It's fair to say they've had a rocky start but they've weathered the storm and Jac is devoted to Dan and their daughter. She wants nothing more than to be a proper family.'

Emma Hunt

Photos: FameFlynet, Instagram, Twitter

Girls Aloud: W

It's been 13 years since Girls Aloud first formed as part of Popstars: The Rivals. A decade and several chart-toppers on, we see where Sarah, Cheryl, Nicola, Nadine and Kimberley are now...

SARAH HARDING: HEADING FOR CORRIE

Soap fans, prepare for trouble, Sarah Harding has announced she is to star in four episodes of *Coronation Street* later this year.

And she's set to cause a ruckus as she plays a feisty love rival to the Street's Tracy Barlow.

'As a fan of the show, it's a huge honour for me to join the cast. I can't wait,' she tweeted.

'As you know I've been a fan for years and can't wait to strut my stuff on those famous cobbles!'

It's not the first time Sarah, 33, has turned her hand to acting. Since the Girls Aloud split, she's appeared in four films including *Run For Your Wife* alongside Danny Dyer and *St. Trinian's 2: The Legend of Fritton's Gold* – a teen flick also featuring Sarah's own singles.

In her personal life, she endured a stint in rehab in 2011 after splitting with then boyfriend DJ Tom Crane.

She's now dating childhood friend Jason, who she says is 'nothing like anyone I've ever dated. I'm so happy'.

Sarah's working on solo stuff but hasn't ruled out a GA reunion, saying: 'Even if it was just for one night only, that'd be awesome.'

CHERYL FERNANDEZ-VERSINI: CHARITY CAMPAIGNER

Cheryl Fernandez-Versini's career reached a high when she became the first British woman to have five solo No.1 singles in the UK. But new single *Only Human* failed to reach the Top 100 in the charts.

The sales low comes after Geordie Cheryl's latest rant about women in the music industry.

She said: 'The music industry is f***ed to be honest. With streaming and the internet, you can buy singles now instead of an album, a body of work. It's a different world to the one it was 13 years ago.'

Now Cheryl, 31 – despite being the most successful of GA with an estimated fortune of £30 million – is taking a year out to focus on her charity, Cheryl's Trust, helping disadvantaged youngsters in the North-East.

'My focus is on charity this year. It was supposed to be last year but *The X Factor*'s tasking, time-wise,' she said.

Her return to the talent show isn't certain, but she has another career path in mind – standing for Parliament!

'I think we need more women [in politics]. I'd make my own party... it interests me,' she teased.



HERE ARE THEY NOW?



NICOLA ROBERTS: CREATIVE BUSINESS BRAIN

Music producer Fred Ball announced in January that he was working with Nicola Roberts on a new album.

Nicola, 29, also worked with band-mate Cheryl on her *Only Human* album released in November, writing three songs for her pal and has also written tracks for Little Mix, Jess Glynne and Iggy Azalea.

Nicola's also paving her way to success in the fashion and beauty world, too.

After the closure of Dainty Doll, her make-up brand for pale skin, Nicola was snapped on several front rows throughout London Fashion Week.

In 2012, she also co-starred with Rihanna on fashion talent TV show *Styled To Rock*.

KIMBERLEY WALSH: TV FAVOURITE

Following in the footsteps of TV golden girl Holly Willoughby, Kimberley Walsh has turned her hand to guest presenting roles since the band split.

Appearing on ITV's *This Morning*'s style slot, she's talked about everything from pregnancy fashion to Mother's Day gifts and festive favourites.

Before falling pregnant with her son, six-month-old Bobby Jay, Kimberley, 33, won critical acclaim in the West End for her turn as Princess Fiona in *Shrek: The Musical*.

She also came runner-up in the 2012 series of *Strictly Come Dancing* and recently announced she'll be taking to the stage again in August in an adaptation of *Sweet Charity* with new *EastEnders* star Denise Van Outen.

Maternal Kimberley has also spoken out about her wish to extend her brood sooner rather than later.

'I would like a big family but I'm realistic and I'm aware I have left it a little late,' she said.

'So I'm realistic about how many I can have, but I would like to have more than one.'

NADINE COYLE: STAGE STAR

Splitting her time between the UK and US, Nadine recently starred alongside Michael Flatley in West End show *Lord Of The Dance: Dangerous Games* and plans to release her second album this year.

'I'm recording an album as we speak and I'm so excited. It'll be different to what people expect,' she said last month.

Often dubbed the 'odd one out' of the band, Irish Nadine, 29, famously fell out with bandmate Cheryl, who blamed Nadine for the band's split in 2013.

'She wasn't going to make another Girls Aloud record until she got a solo deal,' Cheryl said in November.

And during the band's three-year hiatus from 2009-2012, Nadine released her solo album *Insatiable*, which debuted at No.47 on the UK chart and sold just 13,000 copies.

She now lives in Sunset Beach, California, with her fiancé, American football player Jason Bell and their one-year-old daughter Anaiya.

Lauren Hills

'Poldark's

THE HEART-THROB – NOT ME!

TV's new star Aidan Turner isn't a fan of the gym and doesn't consider himself good-looking, yet millions of us can't get enough of Poldark's sexy leading man

In just five weeks, Aidan Turner's life has changed immeasurably. Last month, he was probably able to go to the shops without pulling a baseball cap down over his face.

But that all changed when he arrived on our TV screens as the shaggy-haired, brooding Captain Ross in BBC1's *Poldark*.

Now, everywhere you go, people are talking about the show – and about Aidan in particular.

Even his actress girlfriend Sarah Greene (who told an Irish website last week that, contrary to reports, they weren't engaged) said: 'My boyfriend was on the Tube and people started taking pictures of him asleep. It's like: "Ask for a photo if you want a photo."'

And his co-star Eleanor Tomlinson, who plays his wife Demelza, calls him a 'God among men.'

Yet the attention hasn't gone to Aidan's head. In fact, the 31-year-old even tries convincing us we're wrong to fancy him.

'I don't look in the mirror and think I'm

handsome,' he says. 'I looked this morning and saw spots on my face.'

'The heart-throb stuff is very sweet, very flattering. But to be fair, a lot of it's to do with the character. It's a romantic genre – Poldark's just that type of guy.'

Nonetheless, seven million of us have been tuning in every Sunday evening and fans have gone crazy for the Irishman, especially after the scenes of him scything hay topless and swimming in the sea.

The hashtag #AskPoldark was trending on Twitter when viewers got to ask Aidan questions after the costume drama was broadcast two weeks ago.

During the Q&A, thousands of fans bombarded the actor with cheeky questions about helping with their gardening and even asking for dates.

But Aidan modestly insists he only worked on sculpting his body for the role, and isn't a regular at the gym.

Admitting that he 'hates the gym' and saying he 'stuffed his face' during filming, he adds: 'I just need to do it [exercise] for some jobs. I didn't see Poldark having a beer belly or being out of shape, given his lifestyle. Still, in my next role, I want to grow a longer beard and put on weight!'

'I worked out a lot for *Poldark*. But I didn't want to look like I was getting too pumped, which can happen, and it can look very artificial. I didn't want to look like I'd done tons of crunches. Ross is very manual and very strong, but he's a man in the 18th century.'

BABY OIL ON HIS PECS

To make the most of his physique in the drama, Aidan's pecs are enhanced by 'some kind of baby oil', and he wears eyeliner to perfect his sultry, windswept look.

But while the attention has skyrocketed since *Poldark* started in February, Aidan says he can handle his sex symbol status.

'It's fine, I don't think about it,' he says. 'It's strange, but would it be the same if it was a female lead role and she had a bikini scene on the beach?'

'It's all light-hearted and kind, but would it be the same?'

The 5ft 10in Dubliner laughs: 'I'm only going to get older. I'm not going to look

like that forever. So damn it, I'm 31, I'm going to live it up!'

However, now that filming's over, he reckons his six-pack is a thing of the past.

'I'm not like that now. I'm back to my usual, soft self. I see the pictures from *Poldark* and think, "How did I do that?" Because I don't look like that any more.'

For those unfamiliar with the show, Captain Ross Poldark returns home to Cornwall after three years fighting in the American War of Independence.

Believing that he died in the war, his sweetheart Elizabeth (Heida Reed) is now engaged to his cousin Francis (Kyle Soller), his father has died and his family estate is crumbling.

Although there are still feelings between Ross and Elizabeth, she marries Francis, and Ross ties the knot with his kitchen maid, Demelza.

Aidan says: 'When Ross enlisted in the army it changed a lot for him. He grew up and became a lot stronger, but when he finds out his beloved Elizabeth is going to marry his cousin, he's crippled by it.'

'That's the one thing love can do – you can be screaming orders on the battlefield but your heart can be broken in a second and you don't know how to recover.'

Before landing the role as the most talked-about character on TV, Aidan played vampire Mitchell in BBC3's *Being Human*, werewolf Luke Garroway in the film *The Mortal Instruments: City of Bones* and dwarf Kili in *The Hobbit* trilogy.

Now, he's glad to at last be playing a human: 'I love fantasy and sci-fi but I was slightly fearful about being typecast,' he says. 'I've had plenty of offers to play vampires.'

'When *Poldark* came along, it was everything I wanted. He's such an earthly, grounded character and it's nice to play an actual human, not going through big make-up calls, putting fangs in my mouth or growing a beard. It feels like it's time to play a real guy.'

Rebecca Greenow



Sadly for us, Aidan's been with theatre actress Sarah Greene for three years



Aidan as Ross, who marries his kitchen maid Demelza

INDECENT PROPOSALS



When Aidan took over the BBC's #AskPoldark on Twitter, he was bombarded with questions. Here are our faves...

Betty (@BettyWooooo) *'Do we get to see you naked? Asking for a friend...'*

Linda (@linsnap) *'My mower has packed in. Will you come and scythe my lawn please?'*

Claire Cummings (@girliegolfer) *'Our family farm needs some extra hands this summer. No shirts needed. Are you available?'*

Miss Jones (@MamaMoose_Be) *'How do I refrain from licking my flatscreen TV?'*

Katy Moran (@KatyjaMoran) *'Did he answer any of the questions or has he been moved to a high security location for his own protection?'*

DJ Zoe Ball (@ZoeTheBall) *'Fancy a nightcap? Oh, I must stop.'*

TOAST THE ROAST



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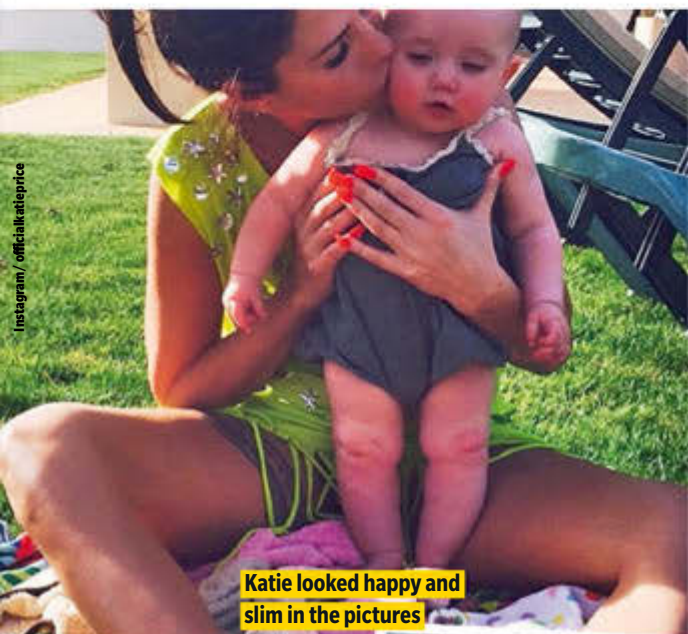
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Yummy MUMMIES

Katie Price looks great as she holidays with babies Jett and Bunny, while mummy in the making Helen Flanagan shows off her neat baby bump



KATIE: BROODY FOR MORE BABIES

While enjoying an Easter getaway with her husband, former plasterer Kieran Hayler, Katie Price shared some cute pictures of their kids Jett and Bunny.

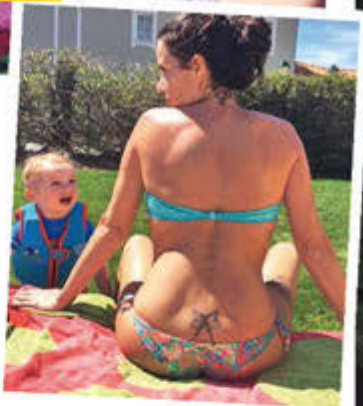
The mum-of-five looks slim, tanned and happy in the snaps, one of which shows 19-month-old Jett grinning at her while she flashes her lower back tatt to the camera.

Katie, 36, posted the snap to Instagram and wrote, 'My gorgeous Jett looking at me posing haha.'

In another picture shared on the site, Katie can be seen kissing eight-month-old daughter Bunny alongside the caption, 'Me and my Bunny Boo chillaxing.'

Also on the overseas holiday was her eldest son, Harvey, 12. Katie's other two kids, Junior, nine, and Princess, seven, were holidaying in Canada with their dad Peter Andre and his fiancée Emily MacDonagh.

Katie recently revealed she wants to double her brood, saying, 'I'd like to come down one day and have 10 kids sitting around the kitchen table – that, to me, would really be a success. I want as many children as I can have before a doctor says "no more" and then I'm going to adopt.'



Helen snapped a picture as she tried on new clothes and showed off her bump

HELEN: 'I PREFER MY PREGNANCY BODY'

Helen Flanagan has long been a lads' mag favourite with her enviable figure. But despite being seven months pregnant with her first baby with Aston Villa footballer Scott Sinclair, Helen reveals she's enjoying pregnancy and the effects it's had on her body.

Helen, 24, who's due to give birth in June, said: 'I prefer my body like this. I love having a bump and it's amazing to watch

your body change. I haven't had days when I've thought my body doesn't feel nice. I really do like being pregnant.'

And the former *Corrie* star isn't letting the bump get in the way of her shopping sprees, either, despite admitting she finds maternity clothes horrible.

The actress posted an online pic of herself trying on clothes in a changing room last week, showing off her swelling stomach in the process.

Kelly Jenkins, Emma Hunt

Photos: Instagram, Rex Features



KENDALL & KYLIE JENNER

While Kylie (right), 17, has since embraced the rock chick look and 19-year-old Kendall's become the face of Estée Lauder, the girls were once a mirror image of each other. Just look at this picture from a red carpet appearance in 2011.



RITA & ELENA ORA

Sisters and self-confessed besties, Rita, 24, (right), and Elena, 26, clearly share the same quirky fashion taste *The Voice* judge is known for, as they sport some edgy monochrome looks at Heathrow Airport.

STYLE S



PARIS & NICKY HILTON

Bonding over more than just a love of partying, hotel heiresses Paris, 34, (left) and Nicky, 31, often coordinate their outfits, this time for a casual outing in France. But with their parents worth an estimated £200 million they can afford more than the two-for-one deals, surely?





KIM & KHLÔÉ KARDASHIAN

They've both got curvaceous behinds, so it's no surprise Kim, 34, (left) and Khloé, 30, share a love of figure-hugging black dresses in which to show off their booties.



DAKOTA & ELLE FANNING

Looking almost identical, it's clear that 16-year-old Elle (left) takes more than just acting inspiration from her big sister, Dakota, 21. With their straight blonde locks and love of neutrals, we reckon these dressalikes look similar enough to be twins.

ISTERS

These celebrities are so similar we're sure they must share wardrobes. Here we take a look at the siblings who just can't resist copying each other's style...



CARA & POPPY DELEVINGNE

Model sisters Cara, 22, (right) and Poppy, 28, were spotted rocking matching sheer black tees for a trip to London hotspot Chiltern Firehouse. Looks like fashionistas don't always mind turning up in the same ensemble.



MARY-KATE & ASHLEY OLSEN

As twins they're used to sharing, and with a love of casual chic clothing, designers Mary-Kate (right) and Ashley, 28, always manage to fill us with envy with their effortless, mix 'n' match style.



BILLIE & SAM FAIERS

With *TOWIE* girls Billie, 25, (right) and Sam, 24, already sharing their own clothing store, Minnies Boutique, it's no surprise they're sometimes caught coordinating their outfits - including these seriously glam puffer jackets.



The *Strictly* star has been recovering from a serious knee injury

'MY ACCIDENT HAS MADE MY MARRIAGE STRONGER'

Ola Jordan opens up about her devastating injury and her hopes to return to *Strictly*...

It's been an undeniably tough few months for *Strictly Come Dancing* star Ola Jordan, who suffered a serious knee injury in December while preparing for C4 winter sports show *The Jump*.

The recovery time and lasting effects of her accident were so devastating that at the time, Ola said she'd rather have 'broken both legs'.

The Polish-born dancer, 32, feared she would never dance again, and in a restrictive knee brace and on crutches for several weeks, she appeared just a shadow of her former feisty self.

But when we catch up with her at Boux Avenue's summer launch party



Ola and hubby James Jordan are both professional dancers

at London's Haymarket Hotel, the *Strictly* dancer's newly dyed blonde hair matches her rediscovered confidence.

Ola tells us that after undergoing weeks of physiotherapy, she's more than a little relieved to be back on her feet.

'I'm feeling amazing and I'm getting better every day. I'm always a positive thinker and my accident has made me appreciate every single moment of my life,' she says.

'I feel so lucky to be here and to be so happy. I'm slowly getting better and I have a husband I love to pieces. I'm in a really good place.'

SUPPORT FROM HER HUSBAND

Ola's husband of 12 years is fellow professional and former *Strictly* dancer James Jordan, 36. And it's fair to say he's not every woman's cup of tea.

Kent-born James was sacked from the BBC show after being accused of 'stirring' off-set and his appearance on 2014's *Celebrity Big Brother* saw his housemate, US actor Gary Busey, suggest that he needed 'anger management' after a series of outbursts.

But ever-loyal Ola insists James is a changed man, and describes him as 'her rock' through her recovery process.

'I thought it would affect us as I have always been the domestic one around the house, but it's made us stronger.

James has been amazing and a huge support,' she gushes.

'He has got much better at chores too! When I was lying there with my leg up, he was cooking for me, making lunch. I'm so lucky to have him as my husband.'

And Ola says that she still hopes to have a family with James, but they aren't ready just yet.

'Everybody asks me when we're going to have a baby. Only time will tell. It feels like everyone is waiting, just because we're married.'

During a recent appearance on ITV's *Lorraine*, Ola opened up for the first time about living in a 'bad dream' after her accident.

'I was devastated. Obviously the first thing in my head was, "Am I going to dance again?"' she said.

'For me the worst thing is sitting at home with my leg up. It's awful, the worst thing I had to do, just waiting for it to get better.'

And although Ola reveals she hasn't danced again just yet, she's regularly at the gym to build up her strength and fitness ahead of the selection process for *Strictly*'s 13th series this autumn.

'I would absolutely love to be back on *Strictly* and I'll be OK by then, I'll be fine. I haven't been asked to return yet but they'll be recruiting later in the year,' she says defiantly.

Lauren Hills

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Instagram/elliegoulding

Ellie and Dougie show off their matching tattoos

TATT'S COMMITMENT!

Cute couple Ellie Goulding and Dougie Poynter showed just how committed they are to one another by getting matching tattoos in celebration of their first anniversary.

While you may assume that singer Ellie, 28, and McBusted's Dougie, 27, would choose something romantic for the occasion, the designs are actually an unconventional choice of skulls and crossbones.

Well, they do say romance is dead...

CHLOE DOES A KIM

Looks like *TOWIE*'s Chloe Sims was inspired by Kim Kardashian West's recent dye job – as she's gone for a peroxide blonde 'do.

Ditching her trademark ombré brunette look, Chloe, 32, even replicated the reality star's slicked-back style she's been sporting of late.

While there's no doubt it's a tricky look to pull off, we reckon Chloe rocks it.



BECKS' BODY RIVAL

Looks like David Beckham may have some competition in the tighty-whitey stakes after pal (and host of *The Late Late Show*) James Corden stripped down next to him.

In a spoof of 39-year-old David's H&M briefs advert, James, 36, and Becks narrated: 'Beauty is skin deep – it's underneath that counts', before ending with the tagline: 'D & J briefs. Underwear for a man with a great body... and David Beckham'.

While most people would agree the ex-footballer looks great, his wife, Victoria, wasn't keen on his beard.

David said: 'Victoria saw the picture and was like, 'There's no way I'm kissing you unless you shave that off.''



James (below) made sure to give David a run for his money

Beyoncé, Nicki
Minaj and Alicia
Keys show their
silly sides



#NOFILTER

We're used to seeing Beyoncé strike a pose for the camera, but what we haven't seen is the singer pulling funny faces – and at a glam event of all places.

The 33-year-old posed for the humorous pic with showbiz pals Nicki Minaj and Alicia Keys while attending the launch of her hubby Jay-Z's new music streaming service, Tidal.

With the recent Destiny's Child one-off reunion performance at the Stellar Gospel Music Awards and a pic like this, is it possible to love Queen Bey even more than before?



Instagram/kimkardashian

QUEEN OF KONTOURS

While it's no secret that Kim Kardashian West is the queen of contouring, the *Keeping Up With The Kardashians* star seemed keen to remind her followers of her skills on Instagram last week.

Alongside the picture of her heavily contoured face, complete with some clever defining highlighter stripes, Kim, 32, captioned the striking image: 'Kontour!!! Not finished with my make-up yet, but wanted to share a pic of some contouring make-up tricks.'

Look out, Zoella! Ms Kardashian's facing up to you.

Check out
reveal.co.uk
for KK's make-
up secrets

Katherine Parkes

reveal.co.uk 29



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my backstage.
Life's my
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She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

CALIFORNIA DREAMING

With Coachella kicking off in California this weekend, festival season is officially here – and I'm celebrating with the new Valley of the Dolls collection at JOY. It's all inspired by the late 60s and early 70s, to give your festival look the edge. Just add an LA mindset, bare feet and flowers in your hair to start planning your own summer of love – all you need now is a vintage Airstream trailer!

Top, £29

Shorts, £25,

both joythestore.com



Dress, £39



Dress, £55



T-shirt, £25



Skirt, £40

TOTAL BEAUTY BARGAIN

Pssst! My skincare spies have just told me about a corker of a deal. On 12 April, QVC (qvcuk.com) are offering this Elemis Anti-Ageing Exotic Top to Toe Collection (worth over £160) for £55. That's a saving of more than a hundred quid!



Blue's that girl?

Not content with a bold new nail polish to springify her look, Hilary Duff gives pastels the full head-to-toe treatment!



Join us on reveal.co.uk every day this month for a celebration of all things beauty.

And don't miss our big day on Thursday 16 April when we'll be uploading hourly celeb beauty news from 7am-7pm! #BeautyUnbound at reveal.co.uk

‘My kids love that I’m a STAY-AT-HOME MUM’

Golden Globe winner and mum-of-three Jennifer Garner talks shunning Hollywood, life with Ben Affleck, and the sacrifices she makes for her family

They’re one of the most high-profile couples in Hollywood and, after 10 years of marriage, Ben Affleck and Jennifer Garner still appear to be unbreakable.

While lots of A-list couples are driven apart by unrelenting work schedules and the pressures of fame, Jennifer and Ben, both 42, have juggled raising their family in the spotlight alongside their burgeoning acting careers.

But it’s been far from an easy road for the pair and the healthy balance they’ve reached hasn’t been without sacrifice.

The past year has been busy for Ben after he landed the lead role in blockbuster thriller *Gone Girl*, while Jennifer has remained very much behind the scenes.

But as the saying goes, behind every man is a strong woman, and there’s no doubt that Jennifer is the glue that holds their family together.

Despite her own hugely successful career, which includes films such as *Catch Me If You Can* and *Pearl Harbor*, the Texas-born actress made the decision to take a year out to focus on her three young children with Ben – Violet, nine, Seraphina Rose, six, and three-year-old Samuel. A choice, Jennifer explains, she felt she ‘needed’ to make.

‘I haven’t worked in over a year because Ben has been so busy and I felt I needed to support him. I needed to be at home,’ she says. ‘We figure it out and make decisions together, and I love that my kids think I’m a stay-at-home mum.’

And although their day jobs easily beat a long slog in a shop or office, Jennifer adds that ‘work talk’ is banned from their household.

‘Sometimes I’ll ask Ben, “I’ve heard you’re doing that movie?” and he’ll be

like, “Oh yeah.” Or I’ll say, “Did I ever tell you we sold the script for my production company?” But we hardly talk about work at all,’ she says.

‘Like any other parents, we talk about our children.’

‘I DESPERATELY WANT TO BE A STRONG WOMAN’

Despite Jennifer giving up so much for her children, it’s a sentiment she brushes off with a simple: ‘You can’t do everything.’

For this reason, she’s now turning down lead roles, and treads carefully before committing herself to any part.

‘It’s like threading a needle looking for something I like that much, that fits into my life and works in a very busy family,’ Jennifer reveals.

‘I don’t take lead roles so I can come home for three-day weekends. I’m in a place in my life where I can’t be away for a week, much less two. And if I need to work two five-day weeks, my kids come with me.’

After acclaim for her role in the Oscar-winning *Dallas Buyers Club* as a doctor treating AIDS patients, Jennifer confesses she takes on strong and gritty roles to ‘feel a little stronger myself’.

‘I am attracted to strong women, both in life and roles. I think it’s because I want so badly to be one. Perhaps playing them is kind of cheating my way to get there,’ she confesses.

‘I do think about everything differently since becoming a mum. It’s important

for the children to see me doing a wide variety of things, but I can’t say that every role I do will be a strident female who is ready to kill or whatever she needs to do!’

Jennifer is also keen to project a healthy body image for her children and is no



Seraphina Rose, six, loves having her mum at home



Jennifer and Ben have been married for 10 years

sucker for the size zero trend.

‘I only drink liquid, I don’t eat real food [Laughs]. No, I just had a burger and fries. I eat in a way that makes me feel good and I try to work out twice a week.’

BACK ON THE BIG SCREEN

But now Jennifer, who met Ben while they were co-starring in the action film *Daredevil* in 2004, is set to make her own impact on Hollywood once again.

Starring alongside Al Pacino, Jennifer plays the wife of a man abandoned by his ageing rock star father in new comedy-drama *Danny Collins*, which is out next month.

‘The role is not a huge stretch from my own life in a lot of ways. I really love my husband and my children, which is the kind of basis of this chick,’ she says of the similarities between herself and her character Samantha.

‘I like that she has her husband’s back but she’s not afraid to challenge him.’

‘Nothing about their lives is easy but she is coming from a place of wanting overall good.’

Lauren Hills



I WANT what she's got!

We show you where the celebs have been shopping this week

LILAH PARSONS

TV presenter and model Lilah looks perfectly put together in this china blue outfit. Upping the glam factor, she updates her pretty dress from Closet London with a pair of white heels and an En Vogue clutch from Miss Selfridge.

Closet
£52



Miss Selfridge
£16



Miss Selfridge
£39



Miss Selfridge
£20

STEPHANIE WARING

Hollyoaks star Stephanie is stunning in this graphic print two-piece for a night out with her co-stars. With matching coloured accessories and flashing her toned abs, Stephanie knows how to make a stylish entrance.



Miss Selfridge
£25

LEIGH-ANNE PINNOCK

Little Mix singer Leigh-Anne is eye-catching on a night out in this bright white co-ord. She covers up in the stylish duster coat from Topshop making sure she doesn't flash too much flesh. Smart and chic – nice work, Leigh-Anne.



TOPSHOP
£58



CHLOE SIMS

Essex gal Chloe clearly knows wearing white is the best way to show off a tan. She works it in this dreamy little co-ord from Rare London. Chic and simple, we love it!



JESS WRIGHT

TOWIE star Jess is ready for spring in this gorgeous floral dress from her Lipstick Boutique collection after an appearance on *This Morning*. Showing the love for her future sister-in-law, she tops off the her look with a mac from Michelle Keegan's Lipsy collection.

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Looking at The Script: Danny O'Donoghue (centre) with band mates Mark Sheehan (left) and Glen Power



'I'M IN A ROCK BAND and I'm single!'

Unlucky-in-love Danny O'Donoghue admits he turned down Cameron Diaz and never dated Tulisa

Danny O'Donoghue seems to be the full package – he's hot, charming and a rock star. But The Script frontman humbly confesses that he just can't seem to find The One.

'I'm in a rock band and I'm single,' he says in obvious disbelief when we catch up with the Dublin-born singer, 34.

'All of our hits seem to be about heartbreak. We've fallen into the bracket of "the break-up band". If I'm honest, the relationships I remember are the ones when I was dumped. And I don't get dumped that often,' he jokes.

Yet, behind his cocky exterior, Danny admits he wants a long-term relationship.

'I'm not Mr Romantic and I'm not out there looking for a girlfriend. If she comes along and it happens, then great,' he says.

For now, Danny says he's throwing himself into the band's tour, which he describes as their 'most spectacular' yet.

He does recognise that his mentoring role on the first two seasons of *The Voice* increased his popularity and says after his appearance at Saturday's final: 'I'm open to going back although I've been too busy to

see much of it this year.

'I also get along well with Simon [Cowell] and we have a very similar view on what makes a hit so I'd consider being a judge on *The X Factor*, too.'

Unfortunately his TV stint hasn't helped his love life, and one mishap Danny is keen to clear up is when he reportedly turned down actress Cameron Diaz.

He says: 'We were both appeared on *The Today Show* in New York. Her assistant told me that Cameron wanted to come and watch the band in concert and asked if she could have my number.

'I had a girlfriend [model Irma Mali] at the time, so I thought it might be a bit weird to hand my number out. I thought she wanted to marry me,' he laughs.

'So I said no. But I didn't say, "No, you're horrible." I would have bitten her hand off if I hadn't been dating someone. I'm kicking myself.'

Danny appeared to have embarked on a new relationship earlier this year when pictures emerged of him and *The X Factor* judge Tulisa Contostavlos on a beach, but he says they were never an item.



Just good friends: Danny and Tulisa Contostavlos in Barbados

'There was a big party of us in Barbados and the pictures were cropped to make it look like it was just us,' he explains.

Despite Tulisa admitting she hoped they would 'spend some more time together', Danny says they are 'just good friends'.

Lauren Hills

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'I don't really have drunk friends. I think it's incredibly embarrassing when people are drunk. It just looks so ridiculous. I find it very degrading'

'I'm who I am. I can't pretend to be somebody who makes \$25,000 a year'

'I said, "You know, [my butt] isn't so bad for 40, right?" And [my friend] goes, "It's not so bad for a 22-year-old stripper!"'

'When I pass a flowering zucchini plant in a garden, my heart skips a beat'

'I've lived in England for 10 years and the accent is the most beautiful in the world... but I really don't want my children speaking that way'

'I'd rather smoke crack than eat cheese from a tin'

'I would rather die than let my kid eat Cup-a-Soup'

GLOOP!

Self-styled lifestyle guru and Goop website founder, actress Gwyneth Paltrow, 42, takes herself way too seriously...

'The real golden ticket here is the Mugwort V-Steam. You sit on what is essentially a mini-throne, and a combination of infrared and mugwort steam cleanses your uterus, et al. It is an energetic release - not just a steam douche - that balances female hormone levels. If you're in LA, you have to do it'

'Every woman can make time [to work out] - every woman - and you can do it with your baby in the room. There have been countless times where I've worked out with my kids crawling around all over the place. You just make it work'

'I'm just a normal mother with the same struggles as any other mother. I just try hard'

'You come across [online comments] about yourself and your friends and it's a very dehumanizing thing. It's almost like how, in war, you go through this bloody, dehumanizing thing'

'As we consciously uncouple...

'Cheers to our hairless vaginas!'

'Sometimes when my family is not eating pasta, bread or processed grains like white rice, we're left with that specific hunger that comes with avoiding carbs'

'My kids love a brown rice stir-fry, but they also love their Coke of the week'

'I'm less threatening now that I'm 40 and not 26-with-an-Oscar'

'It's much harder for me. I think to have a regular job and be a mom is not as... of course there are challenges... but it's not like being on set'



A large portrait of a man with a beard and blue jacket, standing with his arms crossed. He is smiling slightly and looking towards the camera.

Brian and Vogue, with his
kids Lilly-Sue and Molly,
want to expand their family



'We argue all the time

Brian McFadden, 34, and Vogue Williams, 29, share the secrets of their happy marriage, tell us about their squabbles and fill us in on their hopes for Brian's daughters Molly and Lilly-Sue



WHAT ARE YOU TWO LIKE AT HOME?

VOGUE: We banter a lot. I think Irish people are all like that, we just slag each other off and have a laugh.

BRIAN: We're really good mates. We don't really talk like a couple, she's one of my best friends.

DO YOU ROW OFTEN?

V: Yes! All the time. But our rows are about such stupid things, we just laugh it off afterwards. Or sometimes I'll ignore him for a while. I'm rarely the one to apologise. I'm very stubborn.

B: You've never apologised in your life!

V: Because I've never been wrong [Laughs].

WHAT'S THE SECRET TO YOUR MARRIAGE?

V: It's important to make sure you're married to someone who is your best friend, so that you're going to get on. It's not like we're dying for a night out with the boys or a night out with the girls. We always go out together and it's been like that since day one. We have the same friendship group and all our mates get on.

WHAT DO YOU LOVE MOST ABOUT EACH OTHER?

B: I love that she drank her own p***! [On ITV's *Bear Grylls: Mission Survive*].

V: I love that Brian is able to take the mickey out of me all the time. I like that he gets my personality and he makes me laugh constantly.

WHAT'S THE WORST THING ABOUT EACH OTHER?

B: Probably that she drank her own p***! [Laughs] And, even when she's blatantly wrong, she'll never admit it. I'm always the one who apologises if we've had a row, just to keep the peace.

V: The worst thing about Brian is that he's lazy.

WHAT'S VOGUE'S WORST HABIT?

V: I probably like the house a little bit too tidy. I'm a neat freak.

B: She starts to wash your plate while you're still eating.

V: I'm like my mum, I love everything to be really neat and tidy and in its place. Nothing ever gets lost. I can't stand mess.

WHAT'S BRIAN'S WORST HABIT?

V: He's very messy.

B: I'm not messy, messy. Like, if it's midnight and I've been watching telly on the couch, I won't get up and fluff up the cushions. Then she'll freak out in the morning as before I went to bed I didn't fluff up the cushions. I want to go to sleep, I don't want to rearrange the house!

WHAT'S THE NICEST GIFT YOU'VE BOUGHT ONE ANOTHER?

B: Her engagement ring.

V: Yeah, that's probably my favourite present. Brian designed it. It's just gorgeous. He's quite good at buying shoes as well, he sometimes surprises me.

B: She got me a Super Nintendo for my birthday, that was cool.

V: I'm good at presents.

B: Yeah, she gets me good presents, but that's because she listens to me waffling all the time and takes notes. She got me a go-karting trip for Valentine's Day.

WHAT IS YOUR PERFECT DATE NIGHT?

B: A night in with a takeaway. We eat Domino's and watch *Ex On The Beach*.

V: We love all those rubbishy programmes. For a night out we like to go to Clutch in London's Shoreditch for dinner.

B: We go to the theatre, too. We went to see *Jersey Boys*, that was brilliant. And we saw Ronan [Keating] in *Once*. He was great.

HOW ARE MOLLY, 13, AND LILLY-SUE, 12?

[Brian's daughters to ex-wife Kerry Katona]

B: They're great. They're becoming adults!

HOW WOULD YOU FEEL IF THEY WANTED A JOB IN SHOWBUSINESS?

B: I'd do whatever I could to help, if that's what they wanted. But I'd definitely encourage them to get an education first, because that's so important. They're both very good in school and very clever. I think, even if they want to do showbiz stuff, they'll put their education first.

WHAT WOULD BE YOUR IDEAL CAREER FOR THEM?

B: Something that allows me to travel the world, playing golf and living off their pocket. Something that pays well enough so they can look after me [Laughs]. Nah, I'd like them to work in a caring profession, helping others.

WHAT ARE YOUR DREAMS FOR THE FUTURE?

V: I love what I'm doing. I love being on TV and DJing. I want to keep juggling everything and not have to give anything up. I would like to have a family of my own, too. We have a five-year plan.

B: Career wise, I just want to be able to carry on making a living doing something I love. I've been doing that for 18 years, another 20 and I'll be happy. I never want to retire – when my heart stops, I'll retire! A bigger family is in our plan, too.

Kelly Jenkins

Vogue and Brian take Vitano® Woman and Vitano® Man natural supplements. For info, go to vitanowoman.co.uk or vitanoman.co.uk





*'All of a sudden,
I started saying
"Deaf, deaf"'*

PERFECT *partners*

Tourette's syndrome sufferer Ellie Grant thought she'd never find love – until she met her ideal man, deaf fiancé Jordan Pettifer

When Ellie Grant suddenly developed Tourette's syndrome, the 22-year-old was worried she'd never find a boyfriend who could put up with her inappropriate outbursts.

But months later, she found the perfect match in her deaf partner Jordan Pettifer, who endures her uncontrollable tics by simply switching off his hearing aid.

'We're a match made in heaven,' Ellie, from Nottingham, says. 'I was so embarrassed about my condition but when I met Jordan he said: "If you don't want me to hear them, I won't." And that was that.'

'He'd turn down his hearing aid and was oblivious to my rude outbursts. It was perfect – we were made for each other.'

Ellie, now 23, started suffering from the antisocial condition in January 2014, when she began blurting out the word 'marshmallow' in the supermarket.

By the next day, she was involuntarily yelling swear words and racial insults and lashing out with kicks and punches. 'It was the weirdest feeling, I couldn't stop it,' Ellie remembers. 'I called my doctor but even as I sat in the waiting room, I couldn't control my arms. They were swinging about, hitting me in the face. I kept swearing and shouting abuse at people. I was mortified, I'd never used language like that before.'

Her GP advised she see a specialist and Ellie and her mum rushed to A&E at King's Mill Hospital in Mansfield where MRI scans confirmed she wasn't suffering brain damage. Weeks later, she was diagnosed with Tourette's syndrome, a neurological condition which affects the brain and nervous system.

'I had no idea what it meant at first, so I was laughing at some of the things I came out with,' Ellie says. 'But as I learnt more about it, I realised how serious it was.'

'Lots of sufferers become so embarrassed, they develop OCD and anxiety and that's what happened. I hated going out because I had no idea how I'd act and had to quit work. My whole life had collapsed and I hated not being in control of my body.'

Unable to cope, Ellie retreated behind her front door. However, her aunt Annie refused to let her become a recluse. She visited often and encouraged her niece to

go for walks and drives in the car.

About a month after her diagnosis, Annie drove Ellie to a nearby pub and insisted they went in for a drink: 'I tried to tell her I wasn't ready but she having none of it. When we went to the bar, I was so paranoid. It felt like everyone was staring and talking about me. All apart from one guy. That was why he stood out. I couldn't understand why he wasn't laughing at me.'

'But later on, I saw he was wearing a hearing aid. All of a sudden, I started saying: "Deaf, deaf." I'd immediately picked up a new tic. I apologised but he said: "I'm deaf, it doesn't matter what you said, as I can't hear you anyway." I couldn't help but laugh. We hit it off straight away.'

Jordan, 22, asked Ellie on a date. She was really nervous, not only of how she'd behave but also of maintaining a conversation with someone who couldn't hear her. Jordan's matter-of-fact nature and jokey personality soon broke the ice.

'When I swore, Jordan sensed how embarrassed I was, so he'd turn his hearing aid down or off. It made me relax, which in turn helped calm my tics down. He also reminded me to look at him when I spoke, so he could lip-read.'

As the relationship progressed, Ellie grew more comfortable with her new boyfriend. Even when she worried about staying with him as her tics continued through the night, Jordan put her at ease by turning off his hearing aid in bed.

They moved in together in July and **Jordan is Ellie's carer, helping her do things**

her physical tics make impossible, such as chopping or cooking food and making tea.

'When I lived at home, I kept my mum up all night with my outbursts but now, living with Jordan, the only one I wake is the dog,' Ellie says. 'It's perfect – I've been able to help him too. He didn't like going into social situations where he didn't know anyone, but now he's much more confident.'

'On my birthday in February, Jordan took me for fish and chips and said: "I don't want anyone else, I just want you, Ellie. Will you be my wife?" I was ecstatic as I feel the same way. I can't wait to marry him.'

Jordan, who has been 97 per cent deaf since having meningitis when he was five, says: 'Meeting Ellie completed me. Her tics were never a problem for me. If I'm being honest, I thought they were cute.'

'I used to get frustrated at not being able to hear things properly but now, we even each other out. Things I can't do, like make phone calls, she does and I do the things she struggles with, like chopping food. We're a perfect match and I can't imagine life without her.'

Harriet Rose-Gale & Sarah Whiteley



As a child, Ellie didn't suffer from Tourette's



Ellie and Jordan 'even each other out'

COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances

DAVINA & MATTHEW VEGAS VOWS

TV presenter Davina McCall and Matthew Robertson, her husband of 14 years, have renewed their vows at Las Vegas' Little White Wedding Chapel.

The couple, who are parents to Holly, 12, Tilly, 10 and seven-year-old Chester, announced their happy news on Twitter.

Davina, 47, wrote: 'Laughed a lot today as Matthew and I renewed our wedding vows. The kids wrote us these ones!!! Was also rather lovely.'

She posted a pic of her and second husband Matthew, 46, post-ceremony, ditching traditional wedding attire for flip-flops and shorts.

The pair married in June 2000 at Eastnor Castle in Herefordshire, but the renewal comes after a turbulent few months for their relationship last year, when she admitted they were 'in a tough place'.

'You have to think when you're in a relationship, if you have a tough six months it's nothing in the grand scheme of things,' Davina said.



ED & BARBARA BLOSSOMING ROMANCE

He spoke about his single status last fortnight, telling an Australian radio station: 'I was in a relationship for nine months that no one had a clue about. It's over now so we can talk about it.'

Now Ed Sheeran, 24, appears to have moved on from Athina Andrelos, 23. The singer has been spotted in a burger bar and later heading to a nightclub with Victoria's Secret model Barbara Palvin (left) in New Zealand.

The pair tried to avoid attention in a blacked-out limousine and Barbara hid her identity in a black hoodie pulled over her face.

The 21-year-old model's dated Justin Bieber, Leonardo DiCaprio and 1D's Niall Horan.

It could be a bit awkward for Ed - Ellie Goulding reportedly cheated on *Thinking Out Loud* singer Ed last year with Niall!



Photos: Getty Images, Instagram, PA Photos, Rex Features, WireImage, Xposure

THE ROCKY ROAD OF LOVE

DANIELLE LLOYD, 31

Danielle revealed that she dated 'lovely' Formula 1 driver Lewis Hamilton, 30, for six months in 2002, before he went on to date Nicole Scherzinger.



Danielle dated footballer Teddy Sheringham, 49, who she met while competing in Miss Great Britain in 2006. They dated for a year before he dumped her after she was embroiled in a race row on CBB involving Shilpa Shetty.



LYDIA & ARG BACK TOGETHER?

She recently gushed about new man 'Ben' after meeting him in Thailand earlier this year, but *TOWIE*'s Lydia Bright reveals she's ended their relationship: 'Ben and I had a whirlwind romance. Unfortunately, it didn't work against the pressures of Essex but he's a great guy.'

And now it looks like she's rekindled her romance with ex-boyfriend James 'Arg' Argent.

After telling a love-struck James, 27, to 'stop pinching my bum and flirting', Lydia, 25, seems won over after his rehab stint and weight loss.

They've been on and off since they were teens, and broke up last year after he cheated.

But in a heart-to-heart call with co-star Lewis Bloor, 25, on last Wednesday's episode, Lydia agreed to give things another go with Arg, after he was secretly listening to the phonecall and Lewis set them up on a date.

Lydia told her mum Debbie, 'It's a rollercoaster with us two. I don't think there's anyone I get on better with. I care about him so much.'

A show insider revealed: 'Lydia doesn't want the perfect man, she wants James. They've been through loads together and she finally feels like this is the right time for them to go for it.'



DANNY & JO IT'S AMORE!

They may have flipped tradition on its head when she got down on one knee on Valentine's Day, but now Danny Dyer is planning on treating Joanne Mas, 37, to one lavish wedding day.

The *EastEnders* actor, also 37, who's been with Joanne for 20 years, won't be saying 'I do' in Albert Square, followed by a few pints in the Queen Vic.

Joanne's got her sights set on romantic Lake Como in Italy, and has reportedly been poring over snaps of George and Amal Clooney's nuptials for inspiration.

A source says: 'She's determined to make it special and suggested Lake Como as a potential venue.'

That being said, a pal of Danny, who has kids Danni, 18, Sunnie, seven, and 16-month-old Arty with Joanne, says he'd be happy to stay a little more local.

'Danny would be happy getting hitched in a register office followed by a reception in a boozer. He's even joked about having his wedding meal in KFC.'

Bargain bucket, anyone?

The Scouse model had a rebound relationship with former Premier League footballer Marcus Bent, 36. She dumped him just months later in 2007, after discovering he'd been unfaithful during her breast cancer scare.



Despite claiming she would 'avoid footballers like the plague', Danielle then went out with Sunderland striker Jermain Defoe, 32, who she swiftly moved in with in 2008. Just two months later, they split amid cheating allegations.



The WAG married Blackpool footballer Jamie O'Hara, 28, in 2012 after dating for three years. The couple had three kids - Archie, four, Harry, three, and George, one - before he cheated with two women, two years into their marriage.



Danielle got cosy with club owner George Panayiotou, who she dated for two months before breaking it off in December 2014. Danielle's remained single since, but tweeted she'd received bouquets of flowers this week. A new admirer, perhaps?

Lauren Hills, Katherine Parkes

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BRAVE ANGE GETS A HUG

In her first appearance since her recent surgery to remove her ovaries and fallopian tubes, Angelina Jolie attended last week's Nickelodeon Kids' Choice Awards, in Los Angeles, with her two eldest daughters Zahara, 10, and Shiloh, eight.

The mum-of-six, who underwent the surgery to avoid developing ovarian cancer, won the award for Favourite Villain for her role in Disney hit *Maleficent* and was immediately greeted by a giant hug from both her proud daughters.

Angelina, 39, said: 'When I was a kid I was told that I was different. But different is good... And when someone tells you that you are different just smile, hold your head up and be proud.'



BECKS' BOYS

How cute are the Beckham boys?

Stylish Brooklyn, 16, Romeo, 12, and Cruz, 10, couldn't have looked more like their dad David, 39, as they also attended Nickelodeon Kids' Choice Awards in LA. Not only have the trio clearly picked up on their hunky dad's relaxed fashion sense, they've even adopted his quiffed hairdo.



ASHLEY'S FLASH DAY OUT

Poor Ashley Roberts suffered every girl's worst nightmare after her skirt was blown up by the wind, revealing her underwear! While Ashley, 33, has sported skimpier outfits in The Pussycat Dolls, we're pretty sure she'd planned to appear a little more demure while at The Prince's Countryside Fund Raceday at Ascot alongside celeb pal Ant McPartlin. At least you didn't have your granny pants on, Ash.

COLEEN HITS BUTLINS

Football WAG Coleen Rooney's certainly racked up the air miles before now, but her most recent getaway was a little closer to home, as she swapped swanky foreign resorts for a budget friendly trip to Butlins.

Despite England footballer hubby Wayne being worth a whopping £60 million, 29-year-old Coleen had no qualms in taking her sons Kai, five, and Klay, 23 months, to the cheap and cheerful resort in Skegness, Lincolnshire.

While glam couple Coleen and Wayne, also 29, are used to holidaying in their luxury £5 million villa in Barbados, the fashion designer opted for a weekend at the holiday camp, where a night's stay costs about £79 per person.

Coleen later tweeted a smiley snap of her boys captioned: 'Great weekend at Butlins, reliving my childhood. The boys loved it!'



OLLY & FLACK?

Former Xtra Factor presenters Olly Murs and Caroline Flack appear to be front-runners to replace Dermot O'Leary as The X Factor hosts.

'The only way I would even think or talk about it would be if Caroline was doing it with me because me and Caroline were great together,' says Olly.

Dermot, 41, quit two weeks ago after seven years on the hit show.

While the loss of one X Factor regular may seem enough, Louis Walsh, 62, is also rumoured to be facing the chop as part of a judging panel shake-up, despite his 10-year run on the ITV show.

X Factor creator Simon Cowell, 55, is reportedly auditioning more women to spice up the rivalry among the judges.

It's the X Factor merry-go-round! Dermot O'Leary (left), Caroline Flack and Olly Murs (above) and Louis Walsh (below)



Katherine Parkes



I MADE SU RAPIST W AND STA

Mum Sarah Scott, 23, put her rapist behind bars – and fought to prevent him from being released early

Looking back, I can't believe I was naive enough to walk home with a man I barely knew. But I was drunk and at 19, my teenage innocence shouldn't be blamed for the brutal attack I was subjected to.

I'd been out in Aberdeen with my twin sister, Stephanie, and her friends in December 2010 and by 1.30am, we were all more than tipsy. When Stephanie's heel broke, we decided to go home. But as we flagged down a taxi, I realised I'd left my bag and jacket in the club.

By the time I'd found them, the taxi was pulling away. I was worried but one of the lads, Tony, explained Stephanie had gone to a party at his house. He seemed nice, so when he offered to walk me there, I said yes.

As soon as we got there, I realised he was lying. The house was dirty, hardly furnished – and there was no sign of my twin or her mates.

"I need to find my sister," I said. But his friendly smile had disappeared. He dragged me to a bedroom and threw me onto a grubby mattress on the floor. I screamed at him, pleading with him to let me go but he ripped off my clothes and raped me.

When I tried to call out for help, he smacked me across the face and pressed into me so hard, I felt pain shoot through me. Seconds later, blood was running down my legs.

When he'd finished, I tried to run away. But he raped me again and threatened to kill me if I tried to escape. Eventually he left the bedroom.

I have no idea how long I laid there but eventually I found the courage to open the door. When I saw he was

URE MY ENT TO JAIL AYED THERE

asleep on the sofa, I grabbed a dressing gown and ran for my life.

Covered in blood, I called my sister from a 24-hour convenience shop but when the owner wanted to call the police, I fled. I was drunk, wearing a short skirt. Who would believe me?

But as I ran up the street, I collapsed. Two policemen found me and took me to the station.

There, I was examined, swabbed and had my injuries photographed. My clothes were bagged and labelled as evidence.

The police caught Tony that same day because he'd been reported for banging on my sister's front door, presumably to threaten me.

As I waited for the trial, I tried to return to my previous life – my little boy, my studies. But I'd changed. I wasn't Sarah the mother or the student any more. I was Sarah the victim. I felt dirty, worthless and humiliated.

Desperate, I quit my business course at college and made two serious attempts at suicide. I ended up in a psychiatric ward. There, I slowly began to grow stronger.

When the trial was called at the High Court in Aberdeen on 11 May 2011, I managed to give evidence without a screen. I wanted to see he was just a man, not the monster I had nightmares about.

His real name was Adrian Ruddock. At 38, with several other convictions under his belt, he looked weedy and pathetic. After two hours, the jury found him guilty.

I can't explain how elated I felt when he was sentenced to eight years, with another three years' close supervision on release. I could finally move forward.

I started a course in criminology and psychology from home and began to campaign over the way rape victims are treated. I want everyone to understand it doesn't matter what you're wearing or how drunk you are. Nothing can be classed as an invitation to rape.

But last summer, the Parole Board for Scotland wrote to tell me Ruddock would be appearing before them to argue for early release, even before the minimum half-sentence.

Reading the letter, I felt as if I'd gone back in time, back to the terrified victim

I was after the attack. But this time, I could fight back.

So I wrote this letter to the board, reminding them how his brutalising of my body had totally changed my life.

"Initially after the assault, I was in a state of shock. My body was bruised; torn open from head to toe. These physical wounds healed, but my mind did not. In the days, months and years that followed, I was a broken shell of the vibrant woman I used to be. I didn't want to live; I didn't want to be that broken person. I was eventually diagnosed with post-traumatic stress disorder (PTSD) as a direct result of Adrian Ruddock's decision that night. I didn't live – I existed.

It's hard to describe just how debilitating PTSD is – some days I am OK, others I am living in my own personal hell. Panic attacks and nightmares plague my existence. Even today, when I'm home alone, any noise – a creaky door, the wind outside – sends me into a hyper-vigilant frenzy, struggling to breathe, while desperately trying to protect myself. I'm still scared of the dark.

I will never be the person I was."

Being raped is a life sentence. Where is the justice when a rapist can seek freedom after serving less than four years?

Ruddock was given a hearing last October and another on 23 December. That afternoon, I found out he wouldn't be released. Even better, he was unlikely to get out before serving the maximum two-thirds in April next year.

All too soon, he'll be free again and I believe he'll always be a danger to women.

But I'm glad I took a stand and was heard.'

Marcello Mega



Vile rapist Adrian Ruddock (left) subjected Sarah to a horrific double attack leaving her bruised and bleeding



Sarah (left) had been out with her twin sister, Stephanie, on the night of the attack

Amber's picks

micellar waters

Put your face wipes down – these are the new skincare saviours top beautifiers are raving about. I grill the experts and a celeb make-up artist tests the best of them



WHAT ARE THEY?

Put simply, micellar water is the most skin-friendly type of make-up remover around. Just soak a cotton wool pad and sweep on your face – no need to rinse. They used to be solely available in France, but the big UK beauty brands have now caught on to the trend.

'Most cleansers contain harsh soap that clings to the skin and breaks down your natural barrier, causing irritation,' says Simple's dermatologist Dr Philippa Lowe. 'Micellar water works differently. It stays on the cotton wool pad, attracting make-up and grime.'

Lisa Valencia, Simple's 'skin artist', is a fan. 'As a make-up artist I've been using micellar water for years. I love it as it removes make-up without leaving any greasy residue.'

TRIED AND TESTED

Lizzie Court is a celeb make-up artist who's worked with the likes of Myleene Klass and Pixie Lott. She tested these make-up banishing buys on her star clients



BIODERMA HYDRABIO H2O, £10.20, ESCENTIAL.COM

The original French micellar water! I've always got a bottle of this in my kit. It's totally non-greasy which makes it great for quick eye make-up changes. And I know I can trust it not to cause skin irritation.



THE CULT FAVE

NIVEA MICELLAR WATER, £4.07

This was especially good at tackling eyeliner. I felt a very slight stinging sensation but it did leave my skin feeling soft and moisturised.



Bargain buy

SIMPLE MICELLAR CLEANSING WATER, £4.49

I'm a big fan of Simple products and as usual, this is great value for money. It removed absolutely everything in just one sweep and felt really hydrating.



Fab for fussy faces

MARKS & SPENCER RADIANT CLEANSER MICELLAR WATER, £6.50

This was seriously cooling – almost ice-like. It would be lovely after a long day at work. It wasn't sticky and took make-up off easily.



Ultimate refresher



Organic pick

ORICO MICELLAR CLEANSING WATER, £16, DEBENHAMS

This is certified organic and great if you're a green queen. It has a nice citrus scent and takes off make-up really effectively – I only needed one cotton pad. But it was slightly sticky and I think the price is a little too steep.

Head to reveal.co.uk to see other celebrity skincare favourites

You use it to face the day
We use it to face cancer



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lookgoodfeelbetter.co.uk/warpaint4life

Ultimate

POOLSIDE GLAM

Jess Wright's debut collection of swimwear and cover-ups hits Ann Summers stores this week. Here's the TOWIE star's guide to looking hot on your holiday, plus there's a chance to win her entire collection!

TOWIE's Jess Wright, 29, talks about her new Ann Summers swimwear collection, available in-store and online now.

WHICH WOULD YOU SAY IS THE MOST FIGURE-FLATTERING STYLE?

Well obviously, everyone's a different shape. I love the pink set (5), because it's high-waisted, which I've never worn before. I love this style. It's good if you're having a day where you want to cover up more. I also love the monokini (1).

IS THE COLLECTION FOR A PARTICULAR FIGURE TYPE?

No, we wanted to make it accessible to all girls. There are some bandeau bras which are good for flattering big boobs, while the white and gold Cassia style (3) is triangular, which is great for smaller busts. We wanted to tailor them for all kinds of shapes.

WHAT ABOUT TAN LINES?

Don't sunbathe in a monokini! Pick one of the two-pieces. The monokini's more for pool parties and partying in Vegas, Ibiza or Marbs.

HOW MANY SWIMSUITS DO YOU TAKE ON HOLIDAY?

I take about 20 as I like to have choices. You want different options for every occasion. Whether I'm sunbathing or at a party, it's important to feel comfortable all day.

WOULD YOU WEAR HEELS POOLSIDE?

I've kind of gone off the idea of heels with my swimwear. I used to rock up in a pair of wedges and loads of jewellery, but I've stopped doing that now, I like to be a little bit more laid-back. I used to accessorise far too much. If you're wearing quite a showy swimsuit with lots of detailing or something glittery, you don't want to overdo it with everything else.

WHAT ABOUT WEARING MAKE-UP ON THE BEACH?

I don't want to wear make-up on the beach – it'll probably run and people will say: "Why is she wearing make-up?" I think maybe a tinted moisturiser with SPF – Bobbi Brown do a good one. A lot of girls get permanent individual lashes so you don't have to wear mascara. I'd have them done if I was going on a pool party holiday, as my lashes are naturally fair.

WHAT TRENDS DID YOU USE FOR THIS COLLECTION?

I wanted it to have lots of colour and neons – they're perfect for showing off a tan.

HOW MANY SUITCASES DO YOU TAKE ON HOLIDAY?

When we're filming TOWIE I take two. You need lots of options for daytime, night-time, shoes, hair and make-up. When I'm not filming I take one. I used to take too many shoes and too much jewellery, but I've cut down, because that's what makes me overweight in the luggage department.

DO YOU HAVE ANY TIPS FOR FAKE TANNING?

Moisturise every day to keep your skin hydrated, because fake tan dries out the skin and your tan will stay for longer if you moisturise. And I'd use self-tan to build up some colour before I hit the beach.

WHAT ABOUT TIPS FOR BEACH-TO-BAR?

I've designed a bikini with a detachable necklace (6) that's perfect. I'd say put on wedges if you're heading to a bar – they make you look put together. Add a strong lip colour – if you haven't got that much make-up on, it can make you look instantly glam. MUA do a red coral I've been using for years, it's shade 12 and it's only £1.

WHICH COVER-UP IS SLIMMING?

The black one (10) covers up bits you might be conscious of – your stomach or bum. It also shows some flesh as it's open. It's a long style but looks glam with the tassels.

HAVE YOU TRIED CONTOURING TO MAKE YOUR STOMACH LOOK SLIMMER?

Oh no, I've never done that! I wouldn't bother. I'd say drink a lot of water, which might be hard on a party holiday, but drinking lots of water's the key. I drink a lot of hot water with lemon which is supposed to be amazing for you. But I drink a lot of wine too, which doesn't help!

WHAT'S THE BEST THING ABOUT HAVING A COLLECTION OF YOUR OWN?

I love swimwear, it's something I wear a lot, especially when filming. I'm always in the public eye and being pictured so it's important to look nice. As a huge fan of Ann Summers, I was excited and flattered when I was asked to do this collection and I'm really pleased with it.



Reveal style



Top, £26
Briefs, £12

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2

Top, £36

3

Top, £24
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4

Top, £24
Briefs, £12

Top, £26
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5

10

One lucky reader will win the entire 14-piece swimwear collection, including kaftans and cover-ups. Plus this year, Ann Summers will be selling metallic temporary tattoos and Barry M make-up to complement Jess' collection – that's up for grabs too.

Go to reveal.co.uk for your chance to win

6

Top, £24
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7

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8

Top, £28
Briefs, £12

9

Top, £24
Briefs, £12

£40



£24, Topshop

Cropped



£25, very.co.uk

£25, Debenhams



Sleeveless shirts



£25, Warehouse



£26, River Island



£17.99, New Look



LYDIA-ROSE BRIGHT

TOP IT OFF

Whether you're working the 70s trend in fringes or rocking graphic prints in cute crop tops and wrap blouses, a new season update's just what your wardrobe needs



£28, Dorothy Perkins

Lace



£28, Matalan



£40, Debenhams

CHLOÉ

F!



£16, River Island



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£8, Primark

Fringed



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£38, Lipsy



£18, Miss Selfridge

Bardot



£17.99, New Look



£20, Tu at Sainsbury's



£28, Dorothy Perkins

Boho

Wrap



£25, axparis.com



£14, George at Asda



£26, Next

Good to Glow

Say hello to a sun-kissed complexion with these genius new facial tanners (you won't believe what they've thought of now) and top tricks from the celebrities

CELEBRITY SECRETS

1 'Fake tan can draw attention to open pores and blemishes,' explains A-list tanner James Read, whose clients include model Rosie Huntington-Whiteley. 'Before applying, submerge your face in a sinkful of cold water and ice for a few seconds. Then dab a little moisturiser over spots, to prevent product build-up on these areas.'

2 'I always err on the side of caution if someone has acne or particularly sensitive skin. Do a test on a hidden area of your body first,' advises Fiona Locke, Vita Liberata's US-based celeb tanner, who's beautified Kim Kardashian West.

3 Overdone it? Try this trick from Louise Roe, presenter and stylist to the stars*. Lean over a bowl of steaming water for 10 minutes to open your pores. Then mix a few drops of lemon juice with a thick face mask and leave on for another 10 minutes. Remove with a warm, wet towel. The fruit juice has exfoliating properties that will help blitz the tan, but skip this step if your skin's sensitive.

and especially great on skin that needs soothing. 'It feels like I'm plumping up my skin and putting a bit of life back into it,' says supermodel and brand ambassador Kate Moss.

EXTRA HYDRATION POWERS

Dry skin types rejoice. **He-Shi Overnight Ageless Tanning Balm, £22.50**, is ideal for you. My tester only started to see a colour difference after two applications but her skin was instantly smoother and more radiant.

UNIQUE DAYTIME FORMULA

While most tans work best when applied overnight, **James Read Day Tan SPF15 Face, £22**, boasts everything you'd want for daytime. It's SPF 15 (you'll need something higher if you're spending all day outside), a great base for make-up and has moisturising properties. It gets to work within hours so you'll look better as the day goes on.

BARGAIN SUPERMARKET BUY

M&S Autograph Tan Gradual Tan Velvet Touch Crème for Face, £7.50, feels way fancier than its price would suggest – a light lotion that dries in seconds without a hint of greasiness. After one application, my tester saw a natural-looking, even bronzed effect. The scent is gorgeous too.

TEMPORARY SHEER TINT

For a commitment-free glow that lasts for one day, you'll love **The Body Shop Honey Bronze Face Gel, £13**. It doesn't give coverage – just a translucent wash of colour that makes it look like you're working no make-up post-holiday. Lovely when mixed with your ordinary foundation too.



NEW BRONZING BREAKTHROUGHS

FIRST BRUSH-ON TAN

No wonder **Vita Liberata Trystal Minerals, £35**, flew off the shelves within two weeks of launching. Applied like ordinary bronzing powder, it promises to leave behind a three-day glow when you wash it off. My tester's verdict? The instant golden finish is gorgeous – but the self-tanning effect is a little too subtle.

ONE-OF-A-KIND LUXURY OIL

St Tropez Self Tan Luxe Face Oil, £23, is a real treat for your face

Check out reveal.co.uk for more tanning tricks



Rosie Huntington-Whiteley
is beautified by expert
fake-tanner James Read

A Reveal promotion

Fresh Perspectives

Whatever your personality and lifestyle, the new Soft & Gentle Skin Science range has a deodorant to suit you...

Rachel's **PURE** INSPIRATIONS

Rachel Berner, 24, from Surrey, is an events planning assistant and travel-loving foodie who knows her kale from her quinoa.



Calm down

Everyone from Emma Watson to Gwyneth Paltrow practises 'mindfulness.' Intrigued? Try the Headspace app for beginners. Free on iPhone and Android.

Feel-good fashion

Look at this gorgeous, handmade glass bead necklace, £24, from chic Fairtrade label peopletree.co.uk



Eco-fest

Pop the Green Man Festival in your diary (20-23 August). As green as music festivals get, the Brecon Beacons setting is swoon-worthy, too.



Soft & Gentle Really Pure is my favourite deodorant, it keeps me fresh while letting my skin breathe thanks to a formula with natural minerals. The smaller can creates less waste, and it's even gentle enough for super-fussy skin types. Perfect.



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 glamorous.com
 Dungarees, £49,
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 Shoes, £79, Dune
 Bag, £28, Dorothy
 Perkins

Check out our
 phone and tablet
 edition for another
 way to style
 this look

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NEW LOOK

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Perfect
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PRIMARK



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MANGO





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- Skirt, £35, Marks & Spencer
- Boots, £78, Topshop
- Bag, £6, Primark

Check out our phone and tablet edition for another way to style this look

H&M



£29⁹⁹



£29⁹⁹



£14⁹⁹



£14⁹⁹

A Reveal promotion

Things are hotting up outside and with a little inspiration from Durex, temperatures are set to soar in the bedroom too...

ALL YOU NEED IS *Love*

Who doesn't love springtime? The entire world coming out of hibernation to enjoy sunshine, birdsong and pub gardens once again. It's the start of something new and as we throw off those winter scarves and woolly tights, it's the perfect time to give our lives and loves a little spring clean too.



Find out more ways to play and order Durex's exclusive range of sex toys and pleasure gels at durex.co.uk



YOUR SEXY *springtime*

Getting in the mood is easier than you think. Just the smallest of changes can bring you unexpected pleasure!

BODY BEAUTIFUL

Get ready to bare! Give your body an **MOT** this spring with a good scrub and polish to leave your skin soft enough to touch – over and over again.

SOMETHING NEW

Things feeling a bit stale in the boudoir? Write down three secret fantasies you've never told your partner about. Take it in turns to act them out and watch sparks fly.

GO FURTHER

Make more time for sex. Let the velvet smooth surface of the Durex Sensual Bliss massager glide over every contour of your bodies and make the moment last even longer.



SAUCY SECRET

Give your underwear drawer a much-needed makeover and swap those tatty old pants for some lacy thongs and silky French knickers.

THE GREAT OUTDOORS

Take advantage of the lighter evenings with some outside action – a romantic picnic in the park or a smooch in a secluded spot for two all make for **alfresco fun!**

TREAT YOURSELF

Real Pleasure by Durex is the ideal first vibrating pleasure toy for anyone and **guaranteed to bring some buzz** to your life this spring.



38% of those surveyed used a sex toy to spice up their relationship

36% of couples have used sex toys for a special occasion



Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

NAUGHTY NATTER

THE sex QUESTION

Is sexting safe?

Kelly, Birmingham

It depends what you mean by safe. Text messages leave a trail that can last a lifetime, so be careful what you text if you're worried others might see it. You also need to be sure that the person you're sending an explicit text to wants to receive it. If they don't, then it could be abusive. And if they want a sex text, you've got to make absolutely sure you've got the number right, and it's a good time for them to receive it (generally not when there are inquisitive children around). But if you get it right, explicit texts can spice up your sex life.



Trust me – I'M A DOCTOR

My 70-year-old mum has pain in her upper arms and sometimes she cannot lift them at all. And she gets pains in her buttocks. What could it be?

Jenny, Stoke-on-Trent

It could be a number of things, and your mother needs to have her condition properly assessed by a doctor if it's not getting better. It might be polymyalgia rheumatica, which causes pain, stiffness and tenderness in large muscles, typically around the shoulders, upper arms and hips. The cause is not known. Treatment with steroid tablets usually works well to ease symptoms. You need to take a low dose of steroid each day to keep symptoms away.

GIVE ME THE JUICE

I regularly drink juice for breakfast and give it to my kids too. Is it bad for us?

Lisa, Basingstoke

Fruit juice has the goodness of fruit, with its vitamins and antioxidants, but it also has a high sugar content. A small glass every day is fine, and counts as one of your five daily portions of fruit and veg. However, you don't need more than one glass a day. Kids often get fixed on that one favourite drink and drink it all the time. But they need variety, and different fruits and vegetables, so just have it in the morning and learn to love water at other meal times. You can also water down fruit juice so it has less sugar – that's better for you.

DR PHIL SAYS:

'Get off the screen, look people in the eye and smile.'

FORGET THE MIND GAMES

Is ME a biological illness?

Charlie, Hull

Yes. Damage is caused by suggesting chronic fatigue syndrome or ME is all in the mind. It stops people getting the help they need, and it stops research being done to find drugs that could help. Recent studies looked at the immune system of nearly 300 sufferers and found that they had raised levels of cytokines, particularly interferon-gamma, which shows it is an inflammatory illness. Hopefully research will discover if drugs can help this.

WAKING UP TO THE RISK

How safe is the general anaesthetic?

Danni, Hants

It depends how ill you are, but overall it's very safe. Serious complications such as damage to eyes, heart attack, stroke, severe allergy, nerve damage, or equipment failure are very rare, happening to one in 10,000 to 100,000 patients and there is approximately one death per 100,000 people. Common side effects that can happen afterwards are sickness, vomiting, sore throat, dizziness, headaches, blurred vision, bladder problems and confusion or memory loss. These tend to get better with time, but when you're older the confusion and memory loss can be worse.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

FOR DR PHIL'S TOUR DATES AND NEW BOOK, STAYING ALIVE, GO TO drphilhammond.com Dr Phil regrets that he cannot reply to emails personally

FOLLOW DR PHIL ON TWITTER @drphilhammond

TOMATO SOUP *cupcakes*

You read that right – the magic ingredient in these delicious cupcakes is a tin of condensed tomato soup! The Hummingbird Bakery shares its recipe...

Originally used as a substitute for richer, scarcer ingredients during hard times of the last century, recipes for tomato soup cake date back to the 20s.

Thanks to the internet, nearly a century on, these all-American recipes have become a sensation among bakers, who rave about the moist, rich texture of the sponge and its sweet and spicy flavours.

So, when Hummingbird Bakery put together its latest recipe book *Life Is Sweet*, the London-based company just had to put its own spin on this classic – especially as the book is inspired by US-style home baking.

'For that authentic American taste, use a can of Campbell's cream of tomato soup for this recipe,' advise bakery boss Tarek Malouf and his Hummingbird bakers.

'These cupcakes are most definitely sweet, and have a kind of carrot-cake flavour to them. Another vintage recipe that uses a non-conventional ingredient to perfection.'



The Hummingbird Bakery: Life Is Sweet (£20) is out now



TOMATO SOUP CUPCAKES

Makes 18 Prep time: 20 minutes Cook time: 20 minutes

INGREDIENTS

FOR THE CUPCAKES

115g unsalted butter, softened
285g caster sugar
2 large eggs
270g plain flour
2tsp baking powder
1tsp bicarbonate of soda
1½tsp ground allspice
1tsp ground cinnamon
½tsp ground cloves
60ml water
295g tin condensed cream of tomato soup

FOR THE FROSTING

100g unsalted butter, softened
240g full-fat cream cheese, such as Philadelphia, cold
400g icing sugar
Ground cinnamon, to sprinkle

You will need two 12-hole deep muffin tins and 18 paper muffin cases

METHOD

➔ Preheat your oven to 180°C/350°F/gas 4, and line the muffin tins with the 18 paper muffin cases.
➔ Using an electric mixer with the paddle attachment or a hand-held electric whisk, cream the butter and sugar together for around 5 mins on a medium-high speed until light and fluffy.
➔ Add the eggs, one at a time, on a lower speed, scraping down the sides of the bowl after each addition. Combine the flour, baking powder, bicarbonate of soda, allspice,

cinnamon and cloves in a bowl and mix into the wet ingredients on a low speed in one slow but steady addition. Don't overbeat. Finally, add the water and condensed soup to make a thick batter.
➔ Spoon the mixture into the cases until three-quarters full. Using a 50ml ice-cream scoop can make this process easier and will result in nice and even cupcakes.
➔ Bake for 20 mins, or until a skewer inserted into a cupcake comes out clean. Leave to cool slightly before removing from the tin and placing on a wire rack to cool completely before frosting.
➔ To make the frosting,

use an electric mixer with the paddle attachment or a handheld electric whisk, beat the butter to loosen it up, then add the cream cheese and icing sugar on a low speed until incorporated.
➔ Turn the mixer to high and beat for about 3 mins until light and fluffy. Don't overbeat the mixture or the cream cheese will split and become runny.
➔ Pipe or spoon generous amounts of the frosting onto each cupcake, gently smoothing over with a palette knife and making a nice swirl of frosting on each one. Sprinkle the decorated cakes with cinnamon.



Event now on in-store and online



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£1 each
920ml



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'MY STOMACH LURCHES EVERY TIME I GO TO WORK'

Actress Zöe Lucker is back as jailbird mum-of-three Reenie McQueen in *Hollyoaks*. She tells us about the gritty role, her dramatic makeunder and her struggles with being a working mum

Known for being a feisty, glamorous blonde, actress Zöe Lucker has undergone a dramatic transformation for her new role in *Hollyoaks*.

Gone is the platinum hair, perfect make-up and manicured nails – her new character Reenie McQueen is a criminal with very little slap and a dirty brown mop.

'It's such a different look,' Zöe, who's 41 on Saturday, tells us. 'When I first dyed it dark, it was a shock. I've been blonde for so long, so it was a dramatic change. If I've got make-up on, I'm fine. But I'm quite pale and, in the morning, I look really bad!'

Zöe has been with partner Jim Herbert, a film editor, for eight years and the pair have a six-year-old daughter, Lilly.

'Jim and Lilly say I look like Professor Snape from *Harry Potter*,' she laughs. 'They've got used to it, but they definitely prefer me blonde.'

Reenie – mum to daughters Porsche, Celine and Cleo – is a 'good time girl without an off switch,' according to *Hollyoaks*' producers.

'She's been in prison. She went out, got blind drunk and smashed up some shop windows – not great,' says Zöe. 'She's quite a complicated character, she's got a good heart but she's very self-destructive. There are some very sensitive storylines and I'm looking forward to them.'

Zöe made a name for herself as evil WAG Tanya Turner in ITV's *Footballers' Wives* from 2002-06 and has starred in a host of popular TV shows, including *EastEnders*, *Waterloo Road* and has been a contestant on *Strictly Come Dancing*.

But it was for feisty talon-nailed Tanya that she's best remembered. 'Every single day, someone mentions *Footballers' Wives*,' she says. 'It was such a great show and Tanya was a fantastic character. I thought when I dyed my hair, it would stop, but it hasn't at all. It's brilliant, I'm really lucky that I've had the chance to do that.'

MISSING HER FAMILY

Zöe's enjoying filming her scenes for *Hollyoaks*, which is set in Chester and filmed in Liverpool, but she admits leaving the family home in Surrey for days at a time is tough.

'I do three or four days away at a time and it'd be ridiculous to go home every night,' she says. 'I get a churning feeling every time I leave the house. Lilly's fine with it, she's well looked after, everything's consistent, she's got distractions and lots of lovely



Reenie McQueen has a very different look to Zöe's usual glamorous style



people around her. She's adapted well, but I still struggle. I don't think it'll ever be easy.'

And Zöe says working mums with larger families are an inspiration. 'I couldn't work and have two kids – I don't know how women do it, it's amazing!'

However, she's not sure about having more children. She says: 'We're so happy with what we have, we're almost scared to upset that unit. I love our little family – I'm so lucky I've got them.'

Zöe and Jim met on a blind date eight years ago and have been engaged for seven, but they're yet to set a date or destination for their wedding.

'Every single year, we say, "We'll definitely do it this year," then we go off to work and we don't end up locking anything down,' she says. 'One minute we say we want to go to Vegas, then we want to go to Italy, then we'll decide we want it in the Cotswolds. We just can't get our heads together about what we're doing.'

Although Zöe says she's loving being on the set of *Hollyoaks* and working with the soap's well-known faces, it's unlikely we'll see her out partying with them.

'I can't go on big nights out then go to work the next day,' she says. 'The thought of going into work and being hungover doesn't suit me at all. I like to go back to the flat I'm staying in, go through my lines for the next day, then get an early night if I can. Then, every weekend, I'll head back down to be with my family.'

Kelly Jenkins

Hollyoaks, weekdays, 6.30pm, C4



**Zöe and her partner
Jim have been together
for eight years**

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REVEAL'S CARENA CRAWFORD PICKS THIS WEEK'S TV HIGHLIGHTS

BRITAIN'S GOT TALENT

Simon Cowell hasn't changed the judges for the ninth series of BGT, so we can expect more antics from him and his colleagues Amanda Holden, Alesha Dixon and David Walliams. Ant and Dec are back on hosting duties and we reckon there'll be a lot of peace keeping to do since David beat Simon to the best TV judge award at the NTAs! The acts range from the brilliant to the bizarre with a dog that hypnotises people as well as a little girl with a samurai sword! From singers, dancers, magicians, comedians, impressionists, gymnasts and pole dancers, to a man playing music on his comb, this show definitely has it all!

ITV, SATURDAY 11 APRIL, 8PM



DON'T MISS

Ninja Warrior UK is here. On ITV on Saturday 11 April, at 7pm, Ben Shephard, Rochelle Humes and Chris Kamara watch contestants tackle an obstacle course to be crowned Ninja Warrior champion.

GAME OF THRONES

We're back in the seven kingdoms as the bloody, brutal, and brilliant fantasy drama returns for its fifth series. The battle for the Iron Throne has already seen a number of shock deaths, and we can't wait to see who will meet their maker this time round – no one's safe! Cersei certainly knows that as she continues to mourn for Joffrey, while worrying about her second son Tommen as he takes the crown. Tyrion has arrived at a new location after killing his father, and Jon Snow is trying to hold negotiations between Wildling leader Mance Rayder and new Castle Black arrival Stannis Baratheon. Meanwhile, Daenerys faces the challenges of politics and taming her dragons.

SKY ATLANTIC, MONDAY 13 APRIL, 9PM

MADE IN CHELSEA

We're back in SW3 to catch up with the Chelsea set and we're ready for even more drama. Old favourites Binky Felstead, Lucy Watson, Jamie Laing, Spencer Matthews and Oliver Proudlock are among those returning for the series, but there are also some new faces coming to town. Graphic designer Emily Weller is Jamie's wing woman, and another of his friends, Millie Wilkinson is also set to get pulses racing. Film-maker Jess Woodley, Binky's mate Fleur Irving, and property developer Josh Patterson, who claims he's never had a girlfriend, make up the fresh blood. How much trouble can they cause? Our guess is quite a lot!

E4, MONDAY 13 APRIL, 9PM





WANT TO BE ON TV?

Have you got back in contact with a family member? Are you about to be reunited after years? A new documentary series is looking for people who've tracked down relatives. Email familyfinders@ricochet.co.uk



THE DELIVERY MAN

Darren Boyd stars as ex-policeman Matthew, who became so disillusioned with the force, he had a complete career change and retrained as a midwife in this new comedy. Entering a woman's world is a huge eye-opener for him as he tries to bring out his feminine side to bond with the mothers-to-be. On hand to encourage him is his best friend Ian (Paddy McGuinness) who gets a job at the hospital as a security guard. Fay Ripley is the senior midwife, who's not a lover of men as she's going through a messy divorce, and Matthew's new colleague Pat takes an instant disliking to him. Can nurse Lisa help ease the pain?

ITV, WEDNESDAY 15 APRIL, 9.30PM

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



WHAT ARE YOU HIDING, ROXY?

Roxy continues to ignore her feelings for Charlie, but when he comes to tell her how he feels they find out Ronnie's talking – does she know about their tryst? To prove how much Roxy means to him, Aleks decides to propose, but instead of popping the question, he asks how long she's been sleeping with Charlie. Will Roxy confess?

EASTENDERS, BBC1, MON & FRI, 8PM, TUE & THU, 7.30PM

SARAH BEDS CALLUM

As the Platts gather for a meal, Sarah's called away on business. She returns home to send an urgent email, but when her computer breaks, she's surprised when Callum offers to help fix it. It's not long before they're kissing passionately and tearing each other's clothes off, but with Bethany, David and Max on their way home will they get caught?

Coronation Street



CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM

Emmerdale



JAMES CHEATS WITH EMMA

Suspicious James argues with Chas about her relationship with Paddy. After storming out, he bumps into Emma and confides in her. It's not long before James falls for her meddling and they end up in bed, but the next morning he's full of guilt. He confesses to Moira who advises he tell Chas straightaway. How will she react?

EMMERDALE, ITV, MON-WED, 7PM, THU, 7PM & 8PM, FRI, 7PM

PORSCHÉ'S MEAN MUM

Poor Porsche is stunned to receive a letter from her mum in prison. As she goes to visit Reenie (played by Zoe Lucker), the McQueen mum demands cash to keep her away from the rest of the family. Determined to keep her mum out of their lives, Porsche confides in Lockie she's desperate for money. Can she raise it before Reenie turns up?

Hollyoaks



See page 68 for our interview with Zoe Lucker

HOLLYOAKS, C4, MON-FRI, 6.30PM

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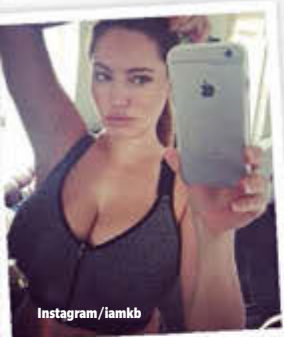
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FAVE... PICTURE OF YOURSELF?

I think the best pictures are my selfies. A self portrait is way better than any pictures the paparazzi or professional photographers take of me.

WORKOUT MOVE?

In yoga it's Shavasana. It's the easiest because you're just lying down [Laughs].

COMEDIAN?

Keith Lemon. He is just outrageous – he makes me laugh so much.



TELEVISION CHARACTER?

Patsy and Eddie from [90s sitcom] *Absolutely Fabulous* – they're just loads of fun, aren't they? They're hilarious.

COCKTAIL?

A Monica Lewinsky – they make them at my bar in London, Steam and Rye. It's a creamy oral delight. Urgh! That sounds disgusting doesn't it? [Laughs].

TV SHOW?

I find it quite difficult to get into TV shows, but I've been watching *Game Of Thrones* recently. I think the acting is incredible – all the stars are fantastic.

OUTFIT?

I'm liking what I'm wearing today. It's Alexander McQueen, I think his dresses are cut really well.



Model and actress **Kelly Brook**, 35, loves a creamy cocktail, *Game Of Thrones* and a spot of yoga...

ANIMAL?

I don't have any pets, but my favourite is probably my fake stuffed giraffe at Steam And Rye.

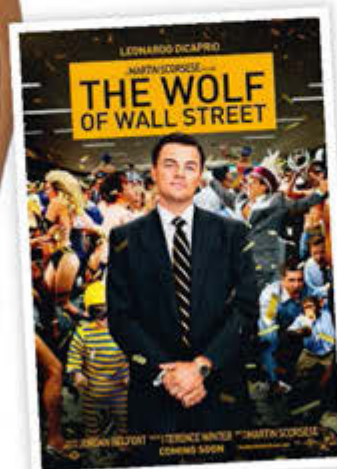


MEMORY?

That's a tough one. Probably travelling to the Maldives for the first time and seeing sand and water like that. It's just mind-blowing. Beaches just aren't like that in the UK, so when you see a beautiful beach for the first time, it's a great memory.

FILM?

I loved *The Wolf Of Wall Street*. Martin Scorsese is an amazing director. It was really well made and just such a fun and crazy story. It made me want to go out and go wild [Laughs].



Audition, the new fragrance by Kelly Brook, is available from Tesco

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